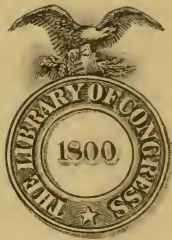


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# HOME-MADE ICE CREAM AND CANDY

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THE METZGAR PUBLISHING CO.

Publishers of "Snowflakes," "Ice Cream and Candy Makers'  
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## INTRODUCTION





WE have been publishing manuals of this sort for more than twenty years, and with great confidence submit this latest and most complete book to the Mistress of the American Home.

The formulas cover the whole field of Plain and Fancy Ices, and contain all that is known about the subject; by following the clear instructions, no one can fail to turn out the most delicious frozen desserts, that will, in these days of cheap competition, prove much more satisfactory than the "brick cream" which is often made in an unclean basement, by careless and unwashed employees.

In the Candy Department, we have covered the whole range of "Home-made" Confections, and made the teachings so plain that the most inexperienced will be able to make a tempting array of sweets that will rival the work of trained experts, with but little time and labor and at a small cost.

THE PUBLISHERS.



	NOTES	
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Fruit juices should never be cooked with the cream, but should be mixed with the sugar, stirred into a clear syrup, and added to the ice-cold cream before freezing, or, better still, when half frozen.

Scalding milk or cream means to bring it to the steaming point over hot water; never allow the material to boil.

When part milk is used, the cream may be whipped before freezing.

If eggs are used, cook them with the milk or cream.

Well beaten white of egg, added to a frozen sherbet, makes it creamy and smooth; added to any of the creams will make it smoother and lighter.

Good ice cream can be made without cream.

The Philadelphia, or eggless, cream is best if fruits are to be added.

Cream two or three days old is better than cream one day old.

Scalded cream gives greater "body," and, when frozen, will have a fine grain; it also prevents the cream turning sour.

Ices made with too much sugar are hard to freeze, and sometimes "ropy;" if too little sugar is used, they will be coarse and rough.

Sour fruits should be added to the cream after it is frozen.

Raspberries, lemons and oranges make better water ices than ice creams.

See that the freezer is clean and sweet, and scald the can, beater and can cover.

Use finely broken ice, in proportion of three parts of ice to one part of rock salt, and for repacking use smaller proportion of salt.

After the cream is frozen, it is much improved if repacked for one or two hours, as this "ripens" it, and develops a rich flavor and a delicious "grain."

In serving the cream, use a heavy iron spoon, in the absence of a regular ice cream disher, and dip it in water before using, as this permits the cream to slide off smoothly.

## ICE CREAMS.

For convenience we divide the contents under the following headings, viz.:

### Part I—Neapolitan.

Includes all varieties in which cream and eggs and sometimes milk are used, and which therefore require cooking. Sometimes called "Delmonico" or "New York."

### Part II—Philadelphia.

Includes all the various creams made of pure cream, without eggs; sometimes cooked—more frequently uncooked.

### Part III—Plain Ice Cream, Frozen Custards.

Under this heading you will find all the inexpensive mixtures of both cream and milk, with other ingredients to enrich and give "texture" to the product.

Part IV—Nut, Fruit and Fancy Creams, both Neapolitan and Philadelphia.

Part V—Water Ices, Sherbets, Mousses, Granites, Etc.

## Part I. Neapolitan Ice Cream.

This Formula is the Basis of all "Neapolitans."

1 qt. Cream.	12 ozs. Granulated Sugar.
1 qt. Fresh Milk.	4 Egg Yolks.
Vanilla Extract.	

Scald the milk in a double boiler, heating until the water in outside jacket boils. Beat eggs and sugar to smooth batter, into which stir slowly the scalded milk. Place in the double boiler again, and stir constantly until it coats the spoon—do not cook beyond this point. Remove from the fire, add the cream and stir for 10 minutes. Cool, flavor and freeze.

### NEAPOLITAN CREAM No. 2.

2 qts. Cream.	1 lb. Granulated Sugar.
2 tablespoonfuls Vanilla.	12 Eggs.

Scald the cream in a double boiler; rub together the eggs and sugar and beat to a thick, creamy batter, to which add the scalded cream and cook in the double boiler, stirring constantly, until it thickens, *but do not let it curdle*.

When the foam disappears and the custard has thickened enough to coat the spoon, take off the fire and strain at once through a fine strainer or muslin. Cool thoroughly, flavor and freeze.

It should be repacked to ripen and harden, and will then be found equal to the best Neapolitan ices, so famous on the continent of Europe.

**NEAPOLITAN No. 3.**

1 pt. Fresh Milk.	1 pt. Cream.
4 Egg Yolks.	7 ozs. Granulated Sugar.
Pinch of Salt.	1 tablespoonful Vanilla.

Beat the sugar and egg yolks to a creamy batter ; to this add the milk and cream and the salt, and cook in a double boiler until the mixture thickens. Strain, cool, flavor and freeze.

If desired, all cream may be used. Scalding the material gives it a distinct smoothness that will be appreciated.

**NEW ENGLAND ICE CREAM.**

10 Egg Yolks.	1 qt. Rich Cream.
1 qt. Fresh Milk.	Pinch of Salt.
2½ cups Granulated Sugar.	1 tablespoonful Vanilla.

Scald the milk until the water boils in the outside kettle ; beat the egg yolks, sugar and salt to a smooth, light batter, into which stir the scalded milk slowly. Place the mixture in the double boiler, and stir continually until it coats the spoon. If cooked too long, it will separate.

To this custard, add the cream and flavoring, and stir until almost cold. When thoroughly cold, proceed to freeze.

**CHESTERFIELD CREAM.**

12 ozs. Sugar.	Yolks of 3 Eggs.
1½ pts. Cream.	1 stick Cinnamon.
1 pt. Whipping Cream.	1 pt. Preserved Damsons.

Put the cream in a double boiler, with the cinnamon and the yellow lemon rind, grated ; beat the sugar and eggs together, and stir into the hot cream ; cook 1 minute, strain, cool and freeze. When finished, stir in the whipped cream, and set aside to ripen. Serve with preserved damsons over and around it.



**VERMONT MAPLE ICE CREAM No. 1.**

1 pt. Maple Syrup.  
2 qts. Cream.

$\frac{1}{4}$  lb. Granulated Sugar.  
6 Eggs.

Boil syrup and sugar, and pour in a thin stream over the beaten eggs, whisking briskly. When cool, add the cream and a delicate flavor of vanilla, if desired. A higher color may be given by using caramel syrup.

**VERMONT MAPLE ICE CREAM No. 2.**

3 pts. Cream.

$\frac{3}{4}$  lb. Maple Sugar.

Scald the cream in a double boiler, and while hot, add the sugar broken fine, stirring until dissolved. Strain, cool and freeze.

Use caramel syrup to color.

**VERMONT MAPLE ICE CREAM No. 3.**

1 qt. Cream.  
1 qt. Fresh Milk.

12 Eggs.  
 $1\frac{1}{2}$  lbs. Maple Sugar.

Powder the sugar; beat the egg yolks, add the sugar, and beat again. Beat the egg whites to a stiff froth, stir them into the sugared yolks, and add the cream and milk.

Cook all in a double boiler until it coats a knife when dipped into it. Do not let it boil, or it may curdle.

Strain, cool and freeze.

**MOCK MAPLE.**

Make unflavored ice cream from any of the formulas, and flavor with caramel syrup sufficient to give it a decided maple taste.

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**NEW YORK ICE CREAM.**

1 lb. Powdered Sugar.                      6 Egg Yolks.  
1 pt. Unsweetened Condensed Milk.      5 pts. Cream.  
Vanilla to Taste.

Whip the egg yolks thoroughly, adding the sugar and cream and mixing well. This mixture must be scalded in a double boiler, stirring well and not allowing to boil, as cooking too much or not enough will spoil it. Add the condensed, or if you prefer, 1-3 oz. best gelatine, dissolved in a pint of hot milk. Stir well, strain, cool and freeze.

The product will be yellow; it can be made white by using the egg whites instead of the yolks, if you prefer.

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## Part II. Philadelphia Ice Cream.

This Formula is the Basis of all "Philadelphias."

2 qts. Rich Cream.                      14 ozs. Granulated Sugar.  
1 tablespoonful Vanilla.

Dissolve the sugar by stirring, add the flavor and freeze. Easily made and very superior. The bulk increases considerably, and the texture will be light and snowy.

If preferred, the cream may be scalded, *but not boiled*; while hot, add the sugar, and flavor and freeze as soon as it cools.

This gives a creamy "body" and a smooth, velvety taste.

**No. 2.**

2 qts. Rich Cream.                    14 ozs. Granulated Sugar.  
1 tablespoonful Vanilla.

Whip the cream until you have a quart of froth; mix the sugar and flavoring with the remainder, strain into the freezer, and when partly frozen add the whipped cream, and finish freezing. The ice cream will be a very light and delicate texture.

It may be colored pink, orange or green; anybody can succeed with this formula, which is the foundation of a great variety of fruit creams.

**ICE CREAM.**

(With Condensed Milk.)

1 qt. Cream.                            12 ozs. Granulated Sugar.  
 $\frac{1}{2}$  pt. Condensed Milk.             $\frac{1}{4}$  oz. Gelatine.  
Vanilla Extract.

Condensed milk adds to the richness and smoothness. This cream may be made without cooking. The gelatine should be dissolved in a little water, and a small part of the cream should be heated in a double boiler, and when steaming hot, stir in the gelatine. Strain into the cold mixture just before freezing.





## Part III. Plain Ice Creams, Frozen Custards, Etc.

### PLAIN ICE CREAM.

1 qt. Cream.	1 pt. Milk.
5 ozs. Flour.	1 lb. Granulated Sugar.
2 Eggs.	Vanilla Extract.

Cook the milk in a double boiler; beat the eggs, flour and part of the sugar to a light batter, and stir into the boiling milk; cook for 20 minutes, stirring often. When cold, beat in the sugar and cream, flavor and freeze.

If put together properly, the milk boiling when the batter is added, and cooked for 20 minutes *only*, and the cream and sugar finally beaten in, the product will be delicious.

### NEW YORK FROZEN CUSTARD.

1 qt. Milk.	4 Eggs.
3 ozs. Corn Starch.	$\frac{1}{2}$ lb. Sugar.
Vanilla Extract to taste.	

Scald the milk in a double boiler and stir in the starch, which should be moistened to a paste with cold milk; cook until it begins to thicken. Beat the eggs very light, with the sugar, and add them to the hot milk and cook for 1 *minute* afterward. Strain, cool thoroughly, flavor and freeze.

If cream is added to the mixture, after the custard is cooked, it will be greatly improved.

**DELMONICO FROZEN CUSTARD.**

2 qts. Milk.	1 doz. Egg Yolks.
$\frac{1}{4}$ teaspoonful Salt.	1 lb. Granulated Sugar.
Vanilla Flavor.	

Scald the milk with half the sugar, and strain through cheese cloth. Beat the egg yolks to a batter with the rest of the sugar; add the salt and the hot milk slowly, stirring well. Cook again in a double boiler until it thickens, but do not allow it to boil. Strain, cool, flavor and freeze.

May be served with a garnish of whipped cream, sweetened and flavored.

**FROZEN CUSTARD.**

Yolks of 6 Eggs.	4 cups Fresh Milk.
Pinch of Salt.	1 cup Sugar.
Vanilla to flavor.	

Scald the milk, strain and add half the sugar. Beat the yolks moderately, add the rest of the sugar, and the salt, and pour the scalded milk slowly on the mixture, stirring well. Cook the entire lot until it thickens, then strain, cool, flavor and freeze.

It is sometimes served with whipped cream that has been flavored and sweetened.

**FROZEN CUSTARD WITH PEACHES.**

1 qt. Milk.	1 pt. Thick Cream.
2 cups Granulated Sugar.	1 qt. Peach Pulp.
Yolks of 4 Eggs.	1 tablespoonful Corn Starch.

Scald the milk and sugar in a double boiler, until the water boils. Beat the eggs to a light batter and add slowly to the hot milk; then cook the whole mixture until it coats the spoon. Stir until cool, and freeze; when half done, add the whipped cream and fruit pulp.

**FROZEN PUDDING.**

3 pts. Milk.	1 pt. Cream.
2 cups Sugar.	1 lb. Candied Fruit.
4 Eggs.	$\frac{1}{4}$ teaspoonful Salt.

Stir the sugar and eggs together, beating until light. Scald the milk and cream in a double boiler, and when hot, slowly add the batter and the salt. Strain, cool and freeze. When almost done, the fruit should be added, cut into small cubes and rolled in powdered sugar.

The fruit may be cherries, pineapples, apricots or pears.

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## Part IV. Fruit and Fancy Creams.

**STRAWBERRY DELIGHT.**

2 cups Sugar.	3 pts. Cream.
2 qts. Ripe Berries.	1 pt. Fresh Milk.

Scald the cream in a double boiler, and after sprinkling sugar over the berries, crush them thoroughly and allow to stand until the sugar is dissolved, which will be in 20 to 30 minutes.

Put the berries into a cheese cloth bag, and squeeze out every atom of pulp and juice; empty the bag into a pan and pour the milk over the seeds, and again strain and squeeze through cheese cloth. Add the cream to the juice, with sufficient sugar to make quite sweet.

This is the finest fruit cream that can be made.

### STRAWBERRY ICE CREAM No. 2.

1 qt. Ripe Berries.            1 qt. Cream.            1 lb. Sugar.

The strawberries should be crushed with the sugar, and allowed to stand for an hour, then rubbed through a colander. At the same time, scald the cream, and when cold, freeze until about half done; then add the fruit pulp, and continue freezing.

When done, take out the beater and push the cream down in the can and from the sides, but *do not stir*, as that takes out the air which lightens it. Allow it to stand for an hour or so to ripen, after being repacked.

### STRAWBERRY ICE CREAM No. 3.

1 pt. Strawberry Juice.        1 pt. Sugar.  
1 pt. Water.                    1 pt. Cream, Whipped.

Freeze the ice, and when almost done, add the whipped cream, and finish. Then set aside to ripen.

Serve in glasses topped with a ripe, red strawberry.

### STRAWBERRY ICE CREAM.

(Miss Parloa's.)

3 pts. Ripe Berries.            1 pt. Granulated Sugar.  
1 qt. Cream (not too rich).

Put the prepared berries, with the sugar, into a large bowl and crush thoroughly; allow to stand at least two hours. Then rub the pulp through a strainer that will keep back the seeds; to the strained mixture add the cream, and freeze.

This makes about three quarts of the most delicious fruit cream that can be made.

**PEACH ICE CREAM No. 1.**

1 qt. Cream.                      ½ doz. Peaches.                      ½ lb. Sugar.

Pare and stone the peaches; mash them with enough sugar to sweeten them for table use. Dissolve the sugar in the cream and add a few drops of red color to give a clean, yellowish appearance; strain into the freezer, add the cream, and freeze.

Use more fruit and less cream if desired.

**PEACH ICE CREAM No. 2.**

1 qt. Cream.                      2 qts. Peaches.  
Juice of ½ Lemon.                      1½ cups Granulated Sugar.  
Teaspoonful Vanilla Extract.

Scald the cream in a double boiler; when done, add the sugar, and when cold, proceed to freeze. When half frozen, add the peach pulp (which has been worked through a colander), along with the lemon juice, and finish freezing. Peaches should be nice and mellow.

A bit of red color added improves the appearance, as the fruit sometimes turns dark. The batch may be flavored with almond or vanilla extract, if it has not a well-developed peach flavor.

**PEACH ICE CREAM No. 3.**

3lb. can Peaches.                      1 qt. Cream.  
1 pt. Sugar.                      1 pt. Water.  
Yolks of 12 Eggs.                      3 tablespoonfuls Cherry Juice.

Boil the sugar and water for 5 minutes and skim the froth as it rises; beat the egg yolks until creamy and add to them the hot syrup and beat to a light batter. Add the cream and freeze.

When nearly done, add the fruit pulp (which must be rubbed through a fine sieve), and the cherry juice. Finish freezing and repack for 2 hours, and serve in dishes, or cut into small bricks.

**PEACH ICE CREAM No. 4.**

2 qts. Rich Cream.	1 qt. Peach Pulp.
2 qts. Fresh Milk.	2 lbs. Granulated Sugar.
White of 1 Egg, Well Beaten.	

Dissolve the sugar in the cream and milk and freeze; when nearly done, stir in the cold pulp, which should be well strained. If the milk and cream are scalded, the frozen cream will be much smoother.

Carefully made, this product is faultless.

**PEACH ICE CREAM No. 5.**

Two quarts cream, 1 pound sugar, and enough ripe peaches mashed and pressed through a sieve to make 1 pint of juice mixed with a very little syrup or fine sugar. Stir all together and freeze at once.

No fruit containing acid should be left standing after being put into the cream, and therefore it is more advisable to add the juice when the batch is nearly frozen.

**APRICOT ICE CREAM.**

Use a 3-lb. can of apricots, other ingredients same as in Peach Ice Cream No. 3, and same directions.

**PINEAPPLE ICE CREAM.**

1 qt. Cream.	Juice of 1 Lemon.
1 lb. Sugar.	1 pt. can, or 1 Large Ripe Pineapple.

Scald half the cream in a double boiler with half the sugar, and set aside to cool. Pare and core the pineapple, grate and mix it with remainder of the sugar until dissolved. Add the remaining pint of cream to the scalded cream, and freeze. Mix the lemon juice with the pineapple and stir into the cream, when half frozen.

**APRICOT ICE CREAM.**

1 qt. Cream.      2 lb. can of Fruit.      12 ozs. Sugar.

Scald half the cream in a double boiler; while hot, stir in the sugar and add the rest of the cream, and when cold, freeze.

Crush the apricots to a pulp, and when the cream is almost done, stir them into the freezer and turn until well mixed; then repack and set aside.

**APRICOTS AND CREAM.**

12 ozs. Granulated Sugar.      3 Egg Yolks.  
 1 qt. Cream.      1 pt. Canned Apricots.  
 1 Lemon Rind, Grated.      Finger Length of Stick Cinnamon.

Scald 1 1-2 pints of the cream, with the broken cinnamon and lemon peel. Beat the egg yolks and sugar to a light, creamy batter and add to the hot cream; cook for a minute longer, strain, cool and freeze.

When done, add the remaining pint of cream, well whipped, and let stand for two hours, packed; serve with the fruit over and around it.

**BANANA ICE CREAM.**

$\frac{1}{2}$  lb. Sugar.      1 Large Ripe Banana, Chopped  
 1 qt. Cream.      Not Too Fine.

Dissolve sugar in cream, strain, add the fruit and freeze.

**BISQUE ICE CREAM.**

1 qt. Cream.       $\frac{1}{4}$  lb. Macaroons.  
 7 ozs. Granulated Sugar.      1 teaspoonful Vanilla.  
 3 Lady Fingers.      1 teaspoonful Caramel.

Rub the cakes, which must be stale, through a sieve or colander; scald half the cream, with the sugar, in double boiler, stirring well.

When cold, add the rest of the cream, and freeze. When done, add flavor and powdered cakes, beating until smooth.

**BISQUE ICE CREAM.**

1 pt. Cream.	3 ozs. Macaroons.
1 pt. Milk.	1 oz. Stale Sponge-cake.
½ lb. Sugar.	1 teaspoonful Vanilla.

Pulverize the cakes, scald the milk, cream and sugar together; when cool add vanilla and freeze, and when nearly done stir in the powdered cakes.

Should stand two hours before serving.

**TUTTI FRUTTI ICE CREAM.**

1 pt. Cream.	1 pt. Milk.
8 ozs. Granulated Sugar.	⅛ teaspoonful Salt.
5 Egg Yolks.	½ lb. Candied Fruits.
1 tablespoonful Vanilla.	

Beat the sugar and egg yolks to a cream, and with the cream and milk and salt, cook in a double boiler until it forms a thick custard, taking about 20 minutes usually. Strain and cool, add flavoring and freeze. When half done, add the fruit which should be cut into small dice and rolled in powdered sugar, and stirred into the cream slowly.

When done, repack and set aside to ripen. Candied cherries, citron, pineapple, apricot and even plain raisins and figs may be used to add to the bulk of the fruit.

**MACAROON ICE CREAM.**

1 qt. Cream.	½ lb. Macaroons.
1 cup Sugar.	⅛ teaspoonful Salt.
Almond Extract.	

Scald half the cream, with the sugar and salt; cool and strain, flavor and add remainder of the cream whipped to a stiff froth, and when partly frozen, stir in the crumbs (made by drying, rolling and sifting the macaroons).



**PEACH BOMB GLACE.****1 qt. Water.****1 cup Thick Cream.****1 pt. Peach Pulp.****1 pt. Sugar.****1 spoonful Gelatine.****White of 1 Egg.****Juice of 1 Lemon.**

Boil the water and sugar for 15 minutes; soak the gelatine in cold water until soft, and add to the hot syrup and strain. When cold, add the pulp (prepared by rubbing ripe peaches through a sieve), and the lemon juice.

When frozen, use this ice to line a mold, and coat the inside of this lining with the stiffly beaten white of egg.

Whip the cream until it is a thick froth, beating into it 1-4 cup powdered sugar and a little vanilla extract, and use this for filling the center of the mold, covering with the rest of the sherbet, and heaping slightly, so that it is forced out around the lid when it is put on, thus "sealing" the brick securely, and keeping out the brine.

**VANILLA CREAM.****(With Chocolate Sauce.)****1 qt. Cream.****1 cup Sugar.****1 qt. Milk.****1 tablespoonful Vanilla.**

Scald the milk and sugar; whip the cream, mix and freeze. For the sauce, take 1-2 cup each of water and sugar, 1-4 lb. chocolate, 1 teaspoonful cream, and one of vanilla. Boil the sugar and water for 5 minutes only; melt chocolate in a saucepan and then add the cold syrup, stirring constantly. Add the vanilla and set in double boiler to heat.

Before serving, add sufficient cream.

**PUREE OF APRICOTS.****(Frozen.)****1 qt. can Apricots.****6 Egg Yolks.****1 pt. Cream.****½ lb. Granulated Sugar.**

Crush the fruit to a smooth pulp; beat the egg yolks and sugar to a light batter, and stir in the cream and fruit, putting all together in a double boiler. Cook and stir carefully until the mass begins to thicken; pour through a fine strainer, beat until cold and of the consistency of cake batter, then freeze.

Peaches may be used in the same manner.

**STRAWBERRY ICE CREAM.****1 qt. Cream.****1 lb. Sugar.****1 qt. Berries.**

Scald half the cream, add half the sugar, and when cold add the rest of the cream; the berries should stand for half an hour, with half the sugar, and should be carefully crushed and added to the frozen cream when finished.

**CHOCOLATE ICE CREAM No. 1.****1 pt. Milk.****1 pt. Cream.****8 ozs. Sugar.****6 Egg Yolks.****2 ozs. Chocolate.**

Scald the milk; beat sugar and eggs to a light batter and add to the milk. Cook until it thickens, stirring; take off the fire, cool thoroughly, and add the vanilla, and the chocolate (melted with one ounce of pulverized sugar), and proceed to freeze, adding the cream along with the above.

**PREMIUM CHOCOLATE ICE CREAM No. 2.**

2 Egg Yolks.	1 pt. Rich Milk.
4 Egg Whites.	12 ozs. Sugar.
1 qt. Cream.	Vanilla.

Scald the milk in double boiler; beat the yolks, and stir them into the hot milk, cooking until it thickens like custard. Add the sugar, and, when cool, add the egg whites, well beaten, the cream, flavoring, and 2 to 4 ozs. of cocoa powder, and freeze.

**NEW YORK CHOCOLATE ICE CREAM No. 3.**

2 ozs. Cocoa.	$\frac{1}{2}$ pt. Water.
$\frac{1}{2}$ lb. Sugar.	1 pt. Milk.
$\frac{1}{4}$ oz. Gelatine.	1 pt. Cream.

Make a syrup of the cocoa, sugar and water; melt the gelatine in some milk; allow it to cool, but do not let it "set;" mix all together, strain and freeze at once.

**CHOCOLATE ICE CREAM No. 4.**

1 qt. Cream.	2 cups Sugar.
1 pt. Milk.	5 tablespoonfuls Cocoa.
2 Eggs.	Vanilla Extract.

Beat the eggs and sugar to a light batter, and add the cocoa, rubbed smooth in milk. Scald the milk in a double boiler, and when almost to boiling point, pour in slowly the batter. Stir constantly, until it thickens. Cool, beat in the cream, and freeze.

**CHOCOLATE ICE CREAM No. 5.**

3 ozs. Cocoa.	$\frac{1}{2}$ inch of Stick Cinnamon.
1 pt. Whipped Cream.	1 pt. Rich Cream.
1 pt. Fresh Milk.	$\frac{3}{4}$ lb. Granulated Sugar.
Vanilla to flavor.	

Put the milk, sugar, cinnamon and cocoa into a double boiler, and cook until the cocoa is dissolved; pour through a sieve; stir well, add the cream, and beat until cold, and turn into the freezer. When nearly frozen, stir in the whipped cream, and finish. If allowed to stand for an hour or two, the ripening will greatly improve it.

### HOT CHOCOLATE SAUCE.

2 ozs. Chocolate. 3/4 cup Sugar.  
 1/2 cup Boiling Water.

Cook in double boiler, to a thick syrup, and serve hot, poured over vanilla ice cream.

### CARAMEL ICE CREAM No. 1.

2 qts. Cream. 2 Eggs.  
 12 ozs. Caramel Sugar. 4 ozs. Granulated Sugar.

Beat the eggs and sugar together, and add the cream; stir constantly to dissolve the sugar, and heat to scalding point. Strain, cool and freeze.

### CARAMEL SUGAR.

4 lbs. Granulated Sugar. 1 qt. Water.

Put the sugar and water in a kettle, stirring continually, and boil to the caramel degree (360), when it will turn to an orange color, and then become brown. Pour out quickly on a greased platter or slab, and when cold, break into pieces and pulverize.

Caramel syrup answers the purpose, and may be bought, ready made, but it is easily made at home.

### CARAMEL ICE CREAM No. 2.

1 qt. Cream. 1/2 lb. Caramel Sugar.  
 1 pt. Milk. 1/4 lb. Granulated Sugar.  
 1 Egg White. Vanilla Extract.

Scald the milk and half the cream; add the burnt sugar, stir well and when cool, add the granulated sugar and vanilla.

When half frozen, add the rest of the cream well whipped, and the beaten white of egg.

### **CARAMEL ICE CREAM No. 3.**

1 qt. Cream.	8 ozs. Sugar.
6 Eggs.	1 teaspoonful Vanilla.
6 tablespoonfuls Caramel Syrup.	

Beat the egg yolks and sugar to a light batter, and to this add the whites beaten stiff. Scald the cream, add the eggs and sugar when scalded, and cook until it thickens, stirring well.

Strain, and when cool, add the flavor and freeze.

### **CARAMEL ICE CREAM No. 4.**

1 qt. Cream.	1 pt. Fresh Milk.
12 ozs. Sugar.	Vanilla to taste.

Scald the milk in a double boiler; melt 4 ozs. of the granulated sugar in an ordinary frying-pan, stirring until it turns brown and boils, and even begins to smoke and burn. Turn this burnt sugar into the hot milk, mix well, and when cold, add the other ingredients and freeze.

Caramel is one of the finest creams made, though it is not well known and manufacturers always charge a fancy price for it.

### **CARAMEL ICE CREAM No. 5.**

12 ozs. Granulated Sugar.	$\frac{1}{4}$ pt. Water.
3 pts. Cream.	5 Egg Yolks.
Vanilla Extract.	

Boil the sugar and water to "hard crack," using care not to burn it, but bringing it to a rich, brown color; pour immediately on a well greased platter, and when cold, break up in fine pieces. Now put this caramel sugar into a kettle, with the cream and egg yolks, and cook over a slow fire until it thickens, but do not let it boil.

Strain, cool, flavor to taste, and freeze.

**COFFEE ICE CREAM.**

3 pts. Cream.	2 cups Granulated Sugar.
1 pt. Rich Milk.	½ cup Strong Black Coffee.

Scald the milk and half the cream in a double boiler; add the coffee and sugar and stir until melted. Cool, add the uncooked cream, and freeze. If you wish the cream to be extra light and spongy, *whip* the uncooked cream and stir into the freezer when half done.

It is sometimes served with a garnishing of whipped cream.

**COFFEE ICE CREAM.**

1 qt. Cream.	7 ozs. Granulated Sugar.
	4 ozs. Mocha and Java.

Have the coffee ground medium fine; put it in a bag made of fine muslin, and with half the cream, put into a double boiler, bringing it to the scalding point. When the strength of the coffee has been extracted, add the sugar, strain, cool—add the remainder of the cream, and freeze.

May be served with whipped cream if so desired.

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**NUT ICE CREAMS.**

Avoid rich, greasy nuts, such as Brazils, as they are too oily; all nut creams should be salted slightly.

English Walnut—Blanch the meats, dropping in hot water until the skin rubs off easily; chop fine, and stir into the half-frozen cream.

American Walnut, Hickory Nuts and Pecans—Chop fine without blanching, sift and stir into the cream just before freezing. In the case of pecans, avoid the brown, puckery substance that divides the meats; rinse them quickly in hot water, and dry well before chopping.

Chestnuts and Filberts—Shell and blanch, and either boil until soft, mashing and pressing through a strainer, or roast slightly, chop to a paste, and rub through a sieve; then cook the nut paste with the cream or custard. Allow a pint of meats to two quarts of ice cream.

### BURNT ALMOND ICE CREAM.

1 qt. Cream.	$\frac{1}{2}$ oz. Gelatine.
1 qt. Milk.	1 lb. Powdered Sugar.
2 Eggs.	6 ozs. Blanched Almonds.
2 ozs. Caramel Sugar.	Almond or Vanilla Extract.

Roast the almonds moderately brown and with some of the sugar and a little of the cream, pound them to a smooth paste; or pound them with sugar only, and sift them.

Beat eggs with the rest of the sugar; scald the milk, and when steaming hot, add the eggs and sugar slowly, and cook to a custard.

Add the pounded nuts, the flavor and the cream to the custard, when cold; dissolve the gelatine and add just before freezing. A little caramel syrup may be added to heighten the color.

### PISTACHIO ICE CREAM No. 1.

1 qt. Cream.	$\frac{1}{4}$ lb. Pistachio Nuts.
1 qt. Milk.	14 ozs. Granulated Sugar.
6 Egg Yolks.	Spinach Color.

Blanch the nuts (as in nut creams), test for sweetness and soundness; put the meats on a tin plate in a hot oven for 7 or 8 minutes, to make them crisp and delicately brown; then pulverize them with half the sugar.

Stir the rest of the sugar and the egg yolks into a batter, and slowly add the milk (boiling), beating well. Heat the mixture to scalding point, stirring continually. Add the nut paste and the cream, and finally enough spinach color (if desired) to make a delicate green.

When thoroughly cool, proceed to freeze.

**MOCK PISTACHIO ICE CREAM.**

Make Almond Ice Cream, and color with Spinach Coloring, and you will have a good imitation.

**PISTACHIO ICE CREAM No. 2.**

2 ozs. Pistachio Nuts.

7 ozs. Sugar.

1 qt. Cream.

1 teaspoonful Bitter Almond Extract.

Blanch the nutmeats, dropping in hot water until the skin rubs off easily. Test to see if they are sweet and sound; put on a tin plate in a hot oven for 7 or 8 minutes to make them crisp and delicately browned, and then pound them to a paste.

Scald half the cream, add the sugar, and when cold, add gradually the nut paste, stirring well. Add the remaining pint of cream, and freeze.

**PISTACHIO BOMB.**

Take a brick ice cream mold, or a baking powder can if you have no mold, and line it with Pistachio Cream, or Mock Pistachio, covering the bottom and sides about an inch deep. Then fill the hollow center with whipped cream. Before whipping the cream, add a few drops of cochineal or other red color to give a delicate rose tint.

Now, if you would, on the evening previous, soak a cup of seedless raisins in orange juice, and in the morning drain them dry, they would make a delicious addition to the stiff whipped cream.

Cover with more nut cream, making the mold overfull, so that the contents will be forced out around the cover when it is put in place, making a "seal" to keep out the brine. Harden this by packing in salt and ice for 2 hours. When ready to serve, dip in warm water and turn contents out on a platter.

Serve with sauce made of fruit juice; for instance a grape sauce is made by boiling to a syrup half a pint of water and 1



pound sugar; in 10 minutes it will be a thick syrup. Add juice of 1 lemon, and when cold, half a pint of grape juice. Cool on ice.

### SPINACH COLOR.

Wash, drain and chop finely 2 quarts of spinach, throwing out the coarse stems, and squeeze through coarse cheese cloth. Heat the liquid gently, stirring steadily; as the green pulp separates from the water, strain through a fine cloth stretched over a strainer. Rub the pulp through the cloth; dry and pulverize it, and mix with an equal quantity of sugar.

### ORANGE ICE CREAM.

1 qt. Cream.

7 ozs. Sugar.

Orange Rind.

Grate the yellow zest of the rind, avoiding the bitter skin beneath; put half the cream in a double boiler, add the rind and sugar, and heat to scalding point, but do not boil.

Strain, cool, add remainder of the cream, and freeze.

### TUTTI FRUTTI ICE CREAM.

To Make 3 Quarts.

1 qt. Milk.

$\frac{1}{2}$  pt. Cream.

$\frac{1}{2}$  lb. Sugar.

$\frac{1}{2}$  oz. Cornstarch.

4 Eggs.

$\frac{1}{2}$  oz. Vanilla Extract.

1 Large Grapefruit.

$\frac{1}{2}$  lb. Ass't'd French Fruits.

Cut the candied fruits into small cubes and soak for 2 hours in the juice of the grapefruit.

Scald the milk in a double boiler, reserving a little cold to reduce the cornstarch to a thin paste. Add this paste to the hot milk, and cook thoroughly until there is no flavor of starch.

Beat the eggs and sugar to a light batter, and stir in the hot milk, cooking for 1 minute. When the custard is cool, add the cream and flavor. Strain if necessary, and when nearly frozen,

stir in the French fruits, with the syrup formed by the juice of the grapefruit; the sugar in the fruits will prevent them from becoming tough and icy, and you will obtain a fine, rich, full flavored cream.

### WHITE HOUSE TUTTI FRUTTI.

9 Egg Whites.	Vanilla Flavor.
$\frac{1}{2}$ lb. Granulated Sugar.	2 ozs. Blanched Pistachio Nuts.
$1\frac{1}{2}$ qts. Milk.	2 ozs. Crystallized Chestnuts.
$\frac{1}{2}$ pt. Cherry Juice.	2 ozs. Candied Cherries.
2 ozs. Candied Pineapple.	2 ozs. Candied Apricots.

Beat the eggs, sugar and milk; scald in a double boiler until it thickens. Strain, flavor with vanilla, and freeze.

The fruits and nuts are to be soaked in the cherry juice for three or four hours, and added to the cream after it is frozen.

This is the finest Tutti Frutti that can be made.

### FRUIT CREAM.

1 pt. Cream.	1 pt. Milk.
8 Egg Yolks.	8 ozs. Granulated Sugar.
8 ozs. Candied Fruits.	4 ozs. Burnt Almonds.
Vanilla Extract to taste.	

Scald the milk in double boiler. Beat yolks and sugar to a smooth light batter and pour slowly into the hot milk, stirring constantly until it forms a custard and coats the spoon. *Do not allow it to boil*, but stir for a few minutes after it is taken from the fire. Cool, strain, add the cream and freeze.

The fruits should be soaked in grape juice, or even in warm water to soften them; then dried in a napkin and cut into small cubes. They may then be stirred into the cream before it is repacked, or if the cream is to be transferred to another can, put in a layer of cream and a layer of fruit, alternately, until the mold is full. The fruits should be pineapple, cherries, citron or apricots.

**FROZEN FRUITS.**

All sorts of fruits may be served frozen, but must be carefully crushed, or chopped fine, as otherwise the pieces will be converted into solid bits of ice. The quantity of sugar given is for fresh fruit; if canned goods are used, they are already sweetened, and will require less.

**FROZEN PEACHES.**

2 qts. Ripe Peaches.  
1 qt. Water.

1½ lbs. Sugar.  
8 Peach Seeds.

Carefully prepare the peaches, crushing fine. Boil the water and sugar for a few minutes, adding the nut meats from the peach seeds, mashed to a paste. Strain, and when cold stir in the crushed fruit, and freeze slowly. Repack, and ripen for an hour or two.

**FROZEN APRICOTS.**

1 qt. can Apricots.  
1 pt. Cream.

¾ lb. Sugar.  
½ oz. Gelatine.

½ pt. Water.

Mix the water with the syrup of the fruit, and the sugar, and boil for a few minutes, skimming the froth that rises. The gelatine should be softened for half an hour in cold water and added to the hot syrup. Crush the apricots and rub through a sieve. When cold, freeze, adding the cream, well whipped, at the last. Repack to ripen.

**FROZEN CHERRIES.**

2 qts. Dark Red Cherries, Seeded.  
2 lbs. Sugar.

1 qt. Water.

Pour the sugar over the fruit, and let it stand for at least an hour, to dissolve. Add the water, mixing well, and freeze.

**FROZEN STRAWBERRIES.**

1 qt. Strawberries.

1 lb. Sugar.

1 qt. Water.

Juice of 1 Lemon.

Pour the sugar and lemon juice over the berries, and let them stand for an hour; then crush the berries, and add the water stirring to dissolve the sugar. Freeze slowly by using a smaller proportion of salt with the ice.

**FROZEN CHERRIES.**

1 pt. Pitted Cherries.

4 ozs. Powdered Sugar.

8 ozs. Granulated Sugar.

1½ pts. Cream.

1 pt. Milk.

Cochineal (few drops).

The cherries should be minced fine, and with the powdered sugar should stand for more than an hour. Scald the milk and sugar in a double boiler, and when cold add the cream. If bright red color is desired, use the cochineal. Freeze at once, and repack for an hour to "ripen."

When ready to serve, stir in the cherries.

**FROZEN PEACHES WITH CREAM.**

1 pt. Cream.

12 Peaches.

½ lb. Sugar.

The fruit should be very ripe and mellow; dip in hot water to loosen the skin, and crush them through a sieve; add the sugar, dissolved in a half pint of water.

When almost frozen, stir in the cream, mixing it from top to bottom of the can. When finished, repack and let it stand for an hour.

**FROZEN STRAWBERRIES.**

1 qt. Berries.

Juice of 2 Lemons.

1 lb. Sugar.

Crush the berries with half the sugar and the lemon juice, and let it stand for an hour.

Put the other half of the sugar in a pint of water, boil to a syrup, strain and cool. Add the cold syrup to the berries, freeze and serve with whipped cream.

### FROZEN PEACHES.

1 pt. Peach Pulp.  
 ½ pt. Water.

Sugar to taste.  
 Peach Stone Meats.

Carefully select the ripest free-stone peaches, and press to a pulp, through a sieve. Break a few of the finest peach-seeds, blanch the kernels, and pound to a paste, with a tablespoonful of water. Freeze at once as the pulp loses color by standing.

### FROZEN APRICOTS.

½ can Finest Apricots.  
 Juice of 1 Lemon.

1 lb. Sugar.  
 1 qt. Water.

Crush the apricots, with the sugar, through a colander. Mix all together and freeze.

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## Part V. Water Ices, Sherbets, Mousses, Granites, Etc.

### WATER ICE.

Is made of fruit juice that is not too sweet; a tart juice is more delicious. Dilute with water, and sweeten to taste.

May be frozen slowly, so as to be almost transparent.

### FRAPPE.

Is a water ice only *partly frozen*, using less salt than is required for freezing cream. A good proportion is two-thirds ice to one-third salt.

### GRANITE

Is a water ice *half frozen*; properly made, without stirring the freezer, it is rough and icy.

### SHERBET

Has added to it white of egg or gelatine, and freezer must be turned rapidly to give it the required frothy, cream-like appearance.

It is really a "Mock Ice Cream."

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### NOTES.

#### WATER ICES AND SHERBETS.

Ices may be made much richer, with more "body," by boiling the sugar and water to a rich syrup, instead of simply mixing without cooking.

The syrup is made by taking 1 3-4 pounds of granulated sugar to each pint of water; stir constantly to prevent scorching, until it boils. Skim, strain through muslin, cork tightly in bottle or jug, and set away in refrigerator or cool place.

Sherbets are made in exactly the same manner, except that an egg meringue is added after the ice is frozen, making a light and creamy mixture.

Egg meringue is made by beating the white of 1 egg until frothy, then adding a tablespoonful of powdered sugar and beating until white and stiff.

#### APPLE WATER ICE AND SHERBET.

8 Large Eating Apples.

1 lb. Sugar.

1 qt. Water.

Juice of 2 Lemons.

Pare, core and quarter the apples, and with the sugar and water, boil them to a pulp. Add the grated yellow rind of one

lemon to the boiling mixture. Cool, strain through cheese cloth, add the lemon juice and freeze.

For a sherbet, add the egg meringue and pack away to ripen.

### **APRICOT WATER ICE AND SHERBET.**

1 qt. can Apricots.

Juice of 1 Lemon.

1 qt. Water.

$\frac{1}{2}$  lb. Sugar.

Boil the sugar and water for 6 or 8 minutes. Rub the fruit through a sieve, and with the lemon juice add to the syrup, and when cold, freeze.

For sherbet, add the meringue as above.

### **CHERRY WATER ICE AND SHERBET.**

1 qt. Good Cherries.

1 qt. Water.

1 lb. Sugar.

Boil the sugar and water for 10 minutes. Seed the cherries, add them to the syrup, and cool. Rub through a sieve, and freeze.

For sherbet, add the meringue.

### **GRAPE WATER ICE AND SHERBET.**

1 lb. Sugar.

1 qt. Water.

3 lbs. Concord Grapes.

Boil the sugar and water for a few minutes; press the grape pulps carefully from the skins, and then add both skins and pulp to the syrup, and cool. When thoroughly cool, rub through a sieve, and freeze.

For sherbet, add the meringue.

### **PEACH WATER ICE AND SHERBET.**

1 qt. can Peaches, or Same Quantity Fresh Fruit.

$\frac{1}{2}$  lb. Sugar.

1 qt. Water.

Juice of 1 Lemon.

Follow instructions given for Apricot Ice above.

**STRAWBERRY WATER ICE AND SHERBET.**

1 qt. Ripe Berries.	1 qt. Water.
1 lb. Sugar.	Juice of 2 Lemons.

Throw the sugar over the berries and allow to stand for an hour; add the lemon juice and crush the berries. Add the water, strain through cheese cloth, and freeze.

For sherbet, add the meringue.

**MACEDOINE OF FRUIT.**

(Or Fruit Ice.)

1 cup Granulated Sugar.	½ oz. Gelatine.
1 cup Candied Fruits.	Whites of 4 Eggs.

Boil the sugar in a pint of water until it can be drawn out in a thread. Soak the gelatine in cold water to soften it, and add it to the hot mixture and beat until cold. Beat the egg whites and stir in just before putting into freezer. When partly frozen, add the candied fruits which must be cut into small cubes and rolled in powdered sugar.

Repack and let it "ripen" for two hours. May be served in paper cases, and the top ornamented with bits of pineapple, cherries and other candied fruits. If served in cases, they should be quickly filled and cut into layers in a tin can, with pasteboards between the layers, and the can set in salt and ice for an hour.

May also be made with fresh fruits, but not frozen too hard.

**RASPBERRY WATER ICE AND SHERBET.**

Follow same directions as for Strawberry in the foregoing.

**PINEAPPLE WATER ICE AND SHERBET.**

1 qt. Water.	2 Pineapples, or 1 qt. can.
Juice of 2 Lemons.	1½ lbs. Granulated Sugar.

Pare and core the fruit (if using fresh pineapples), and cut them fine. Boil the sugar and water for a few minutes, pour



it over the crushed fruit, with the lemon juice; strain through cheese cloth, and when cold, freeze.

For sherbet, add a meringue.

### PINEAPPLE WATER ICE.

1½ lbs. Sugar.	1 qt. Water.
Juice of 2 Lemons.	1 qt. Grated Pineapple.

Boil sugar and water to a syrup, cool and add the fruit, finely grated, and freeze. Reduce amount of sugar to one pound in case canned fruit is used.

### ORANGE WATER ICE.

1⅔ lbs. Sugar.	1 Lemon.
2 Oranges.	1 qt. Water.

Grate the yellow rind of the oranges, and rub it into a part of the sugar, to give color and flavor to the ice. Squeeze the juice of both lemon and orange, on the sugar, and mix well. Add the water and stir until all the sugar is dissolved. Strain and freeze. The ice will have fine flavor, rich color, and smooth texture.

### LEMON ICE.

2 qts. Water.	Juice of 8 Lemons.
5 cups Granulated Sugar.	Juice of 2 Oranges.

Boil together the water and sugar, to a syrup. Take off the fire and add the juices. Mix well, cool and freeze. It makes a simple and delicious dessert.

### RASPBERRY WATER ICE.

1 qt. Red Raspberries.	1 qt. Water.
1 lb. Sugar.	Juice of 2 Lemons.

Sprinkle the sugar over the berries and allow to stand for an hour; rub through a sieve, add the water and lemon juice, and freeze.

**CAFE NOIRE.**

This is simply the very strongest decoction of coffee that can be made, sweetened with half a pound of sugar to each quart. Freeze, repack in the can or in a brick mold. Serve in slices, on a tea plate, and over each slice pour a white sauce of lightly frozen rich vanilla ice cream.

**WATER ICES FROM FRUIT JUICES.**

These are made in two ways; simply mix the sugar and water without cooking, but the far better method is to boil the sugar and water to a syrup. Where this is not done, the product lacks "body." In using the syrup, you will find the ice is smooth and "creamy."

**SYRUP FOR SWEETENING ICES.**

Use 1 3-4 lbs. best granulated sugar to a pint of water. Heat this, stirring constantly to prevent scorching, until it boils. Take it off the fire, skim and strain it through muslin.

Keep in a bottle or jug, well corked, in refrigerator or other cool place. This is the syrup mentioned in the following formulas.

**PINEAPPLE ICE.**

- |                        |                               |
|------------------------|-------------------------------|
| 1 pt. Pineapple Juice. | 1½ pts. Simple Syrup.         |
| 1½ pts. Water.         | 2 tablespoonfuls Lemon Juice. |

Mix and freeze.

**STRAWBERRY ICE.**

- |   |                                    |
|---|------------------------------------|
| 1 pt. Strawberry Juice.                             | 1½ pts. Simple Syrup.              |
| 1½ pts. Water.                                      | 1 tablespoonful Lemon Juice.       |
| 2 tablespoonfuls Black Raspberry Juice (for color). |                                    |
|   | ½ teaspoonful Orange Flower Water. |

Mix and freeze.

Get orange flower water from your druggist.

**RASPBERRY ICE.**

$\frac{3}{4}$  pt. Raspberry Juice.       $1\frac{1}{2}$  pts. Simple Syrup.  
 $1\frac{3}{4}$  pts. Water.              3 tablespoonfuls Lemon Juice.

Mix and freeze.

**CHERRY ICE.**

$\frac{3}{4}$  pt. Cherry Juice.             $1\frac{1}{2}$  pts. Simple Syrup.  
 $1\frac{3}{4}$  pts. Water.                1 tablespoonful Lemon Juice.

Mix and freeze.

**GRANITES.**

Granites are really water ices, and are made of fruit juices combined with sugar and water and bits of fruit (or whole small fruits), which are stirred in after the ice is frozen.

**STRAWBERRY GRANITE.**

1 pt. Orange Juice.            1 qt. Water.  
1 pt. Strawberry Juice.       1 qt. Strawberries.  
    $1\frac{1}{2}$  lbs. Sugar.

Boil the sugar and water to a syrup. Drop the berries into the hot syrup, quickly take them out with a perforated ladle, and to the syrup add the juices. Strain and freeze. Stir in the berries and serve in glass.

For other fruits, such as orange, raspberry and pineapple, make a water ice, and add the chopped fruit before serving.

**FRUIT GRANITE.**

2 Lemons.                        1 Orange.  
1 qt. Strawberries.            2 cups Sugar.  
1 pt. Water.                      1 qt. Assorted Fruits.

Boil the water and sugar to a syrup; add the juice of the lemons and orange and 1 cup of crushed strawberries. Freeze, and when partly done, stir in the strawberries, apricots, peaches or whatever you have, cut into small bits. Finish freezing, and then set aside to harden, as the texture should be quite firm.

**SHERBETS.**

These are made precisely like water ices, except that an egg meringue is added to lighten the product.

**EGG MERINGUE.**

Beat the white of one egg to a light froth; to this add a tablespoonful of powdered sugar, and beat until white and stiff. Stir this in, after the ice is frozen, mixing well, and repack to ripen.

**STRAWBERRY SHERBET.**

<b>1 pt. Ripe Berries.</b>	<b>1 lb. Sugar.</b>
<b>1 qt. Water.</b>	<b>Juice of 2 Lemons.</b>

Boil the sugar and water for 5 minutes. Add the lemon juice to the strawberries and mash them. When the syrup is cold, pour it over the berries, and strain. Freeze, and add the meringue.

**APRICOT SHERBET.**

<b>1 qt. can of Apricots.</b>	<b>½ lb. Sugar.</b>
<b>1 qt. Water.</b>	<b>Juice of 1 Lemon.</b>

Boil the sugar and water for 5 minutes. Press the apricots through a sieve, add them to the syrup with the lemon juice, and when cold, freeze and add the meringue. Make peach sherbet in same manner.

For an "ice," omit the meringue.

**ORANGE SHERBET.**

<b>1 cup Sugar.</b>	<b>1 tablespoonful Gelatine.</b>
<b>1 pt. Cold Water.</b>	<b>½ cup Boiling Water.</b>
<b>Juice of 6 Oranges.</b>	

Soak the gelatine in half a cup of cold water for 10 minutes. Put the sugar and the rest of the cold water in a pitcher, into which put the orange juice, having removed the seeds; add more sugar if the oranges are very sour. Dissolve the gelatine

in the boiling water and add to the mixture. Strain into the can and freeze.

### FRENCH CREAM SHERBETS.

#### No. 1—LEMON.

1 lb. Granulated Sugar.	Juice of 6 Lemons.
1 qt. Water.	Grated Rind of 2 Lemons.

Make a syrup of the sugar and water, but *do not boil*. Add the juice and rind (in grating be sure to get only the yellow, outer rind), and strain. When thoroughly cool, freeze.

#### No. 2—ORANGE.

Make a syrup same as in No. 1 formula above; add the juice of 5 oranges, 1 lemon, and the grated yellow rind of 3 oranges.

### FRENCH FRUIT CREAM SHERBET.

2½ lbs. Sugar.	1 qt. Water.
3 pts. Fruit Pulp.	1 teaspoonful Powdered Citric Acid.

Make syrup same as in No. 1 above; add the fruit pulp and acid when cold, and freeze.

For Strawberry, color pink; Raspberry, pale red; Apricot, red and yellow with two drops Bitter Almond Extract; Peach, use fresh or canned fruit. For Banana, crush the fruit and flavor with vanilla.

For Violet, use apple pulp and crushed violet flavor; in Rose, use apple pulp, color pink and flavor with extract of Rose.

### STRAWBERRY SHERBET No. 2.

1 qt. Ripe Berries.	1 qt. Water.
1 lb. Sugar.	Whites of 3 Eggs.
Juice of 2 Lemons.	

Boil the sugar and water for 5 minutes. Add the lemon juice to the berries, and crush them. Pour the cold syrup over the berries, and strain. Freeze and add the eggs well beaten.

**LEMON SHERBET No. 1.**

Juice of 6 Lemons.	2 pts. Sugar.
Whites of 4 Eggs.	1 pt. of Water.
Boiled Icing (as directed).	

Make a thick syrup of 1 pint of the sugar and the water; when cold, thin with the lemon juice, and water enough to make a rich lemonade. Freeze, and when about half done, add boiled icing made as follows:

One pint sugar moistened with water and boiled until it is a soft candy; while hot, add the stiff beaten egg whites. Flavor with vanilla and a little citric acid or cream tartar, and beat hard until thick and smooth. Add this to the half frozen lemonade, and finish.

**LEMON SHERBET No. 2.**

$\frac{1}{2}$ lb. Sugar.	1 pt. Cold Water.
Juice of 3 Lemons.	Grated Rind of 1 Lemon.

Heat until sugar is melted, but *do not boil*. Strain into the freezer and freeze to a soft, half-frozen mixture that can easily be eaten with a spoon. Pack away for an hour to ripen.

**LEMON SHERBET No. 3.**

1 pt. Sugar.	1 qt. Water (scant).
1 cup Lemon Juice.	Grated Rind of 2 Lemons.

Boil the sugar and water for 20 minutes, and when cool add the lemon juice and grated rind. Mix together and freeze until firm.

Strawberry and Orange sherbets may be made in the same way, adding a little lemon juice in each case.

**LEMON SHERBET No. 4.**

1 pt. Sugar.	3 Lemons.
$1\frac{1}{2}$ pts. Water.	Whites of 3 Eggs.

Boil the sugar and water together. Slice the lemons, strain-  
ing out the juice, which must be added to the cold syrup, with

enough water to make 2 quarts. Strain, and when half frozen add the egg-whites, well beaten, and finish freezing.

### LEMON SHERBET No. 5.

To make a gallon: Boil 1 qt. sugar in 1 qt. of water until dissolved. Take 6 lemons, slice and squeeze well in 1 pt. of water; mix with the syrup when cold and add water enough to make 1 gallon. Strain, and when half frozen, add the whites of 6 eggs, well beaten. Mix thoroughly, and finish freezing.

### ORANGE SHERBET.

1 pt. Water.	1 pt. Orange Juice.
1 cup Sugar.	1 tablespoonful Gelatine.

Soak the gelatine in a little of the cold water. Put the sugar water, and juice into a bowl; add more sugar if necessary. Dissolve the gelatine in a little boiling water, and add to the mixture; strain and freeze.

If desired the gelatine may be omitted, and rich milk substituted for the water, and the dessert will be delicious.

### PINEAPPLE SHERBET No. 1.

1 qt. Water.	1 pt. Sugar.
1 cup Orange Juice.	1 pt. Chopped Pineapple.
	½ cup Lemon Juice.

Cook the chopped fruit, sugar and water for 20 minutes; then add the juices, cool, strain and freeze.

### PINEAPPLE SHERBET No. 2.

2½ lbs. Granulated Sugar.	1 qt. Crushed Pineapple.
3 pts. Water.	Juice of 2 Lemons.

Make a syrup same as directed in No. 1, and freeze without straining.

### GRAPE SHERBET No. 1.

1 lb. Granulated Sugar.	1 pt. Water.
1 pt. Grape Juice.	White of 1 Egg.
Juice of 2 Lemons.	1 tablespoonful Powdered Sugar.

Boil the sugar and water for 5 minutes; add the lemon juice, and when cold add the grape juice and freeze. When almost done, beat the egg white and powdered sugar to a stiff froth and stir into the freezer. Finish and repack. Should stand for an hour or more to "ripen."

### GRAPE SHERBET No. 2.

1 cup Sugar.	1 cup Grape Juice.
1 pt. Water.	4 tablespoonfuls Lemon Juice.
1 tablespoonful Gelatine.	1 Egg White.
1 tablespoonful Powdered Sugar.	

Boil the sugar and water together for 5 minutes without stirring. Soak the gelatine in 4 tablespoonfuls of cold water until soft; to this add the boiling syrup. Cool, add the fruit juices, and freeze. After it is nearly or quite done, add the beaten white of egg, with the powdered sugar, stirring well through the frozen mixture, and let it stand for two hours to ripen.

### GRAPE SHERBET No. 3.

1 lb. Sugar.	1 qt. Water.
1 Egg White.	2 tablespoonfuls Lemon Juice.
1 pt. Unfermented Grape Juice.	

Boil the sugar and water to a syrup, strain and cool; add the fruit juice and freeze. When nearly done, stir in the egg white (beaten up with a spoonful of powdered sugar), and let it stand for an hour to ripen.

### PEACH SHERBET.

1 qt. Water.	1 teaspoonful Table Gelatine.
1 lb. Sugar.	1 pt. Peach Juice and Pulp.
2 ozs. Lemon Juice.	

Boil the water and sugar for 15 minutes; soften the gelatine in cold water and strain into the mixture when ready to freeze. Add the fruit juices to the cooled water and freeze.



The peaches must be very ripe, and when pared and stoned must be well mashed and rubbed through a sieve.

### APPLE SHERBET.

4 cups Boiling Water.	1 qt. Sour, Ripe Apples.
2 cups Granulated Sugar.	3 tablespoonfuls Cherry Juice.
2 ozs. Lemon Juice.	Juice of 2 Oranges.

Boil the sugar and water for 5 minutes, add the unpared, cored and sliced apples, and cook until soft. Rub through a sieve, and when cold add the orange, lemon and cherry juices, and if you have it, a few drops of red color. When quite cold, freeze.

### APRICOT SHERBET.

1 qt. can of Apricots.	1 Lemon.
1 lb. Sugar.	1 qt. Water.
Whites of 3 Eggs.	

Boil the sugar and water for 5 minutes. Press the apricots through a sieve, add them to the cold syrup, with the lemon juice, and when cold, freeze. When half done add the beaten eggs.

Make Peach Sherbet in same way.

### CHERRY PUNCH.

1 lb. Granulated Sugar.	1 qt. Water.
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Make a syrup of the sugar and water, *but do not boil*. Add 1-2 pint cherry juice, and freeze. When nearly done add the Italian meringue, made as follows: Whites of 4 eggs beaten with 1-2 lb. of XXXX sugar; melt over a slow fire, and when melted beat until cool. Add to the syrup, mix well, and freeze quite hard; should be colored pink.

## MOUSSES.

These are about the simplest of the fancy desserts, and require a strong flavor, or they will be insipid.

If the fruit used is not sharp, with acid, the flavor may be developed better by using a little lemon juice.

Mousse Glacé is a plain mousse of any flavor filled into a mold first lined with ice cream or water ice.

A variation of these ices may be secured by adding some finely chopped French fruits; chopped walnuts, plain or moistened with maple syrup, are sometimes used. Coffee and chocolate make good flavors.

A Burnt Almond Mousse is popular, and may be flavored with three ounces of crushed burnt almonds and one ounce of orange flower water; use three ounces of French fruits, chopped fine, and sprinkled over the form when served.

All fancy desserts will be improved in appearance by garnishing with chopped fruits or small frosted cakes.

### ORANGE MOUSSE.

$\frac{3}{4}$ lb. Granulated Sugar.	6 Oranges.
$\frac{1}{2}$ lb. Candied Orange.	1 pt. Heavy Cream.

Carefully extract all the juice and fine pulp from the oranges and cook along with the sugar and the yellow "zest" grated from the rind of one orange, and three tablespoonfuls water. Stir with a wooden paddle, and the moment it begins to boil take off the fire, strain, cool and freeze.

When frozen, add the cream (well whipped) and the candied orange cut into bits. Repack to ripen for an hour or so.

May be garnished with some of the candied orange. Refer to the Candy Department for instructions on making your own candied fruits.

**FRUIT MOUSSE.****1 qt. Rich Cream.****1 pt. Fruit Pulp.****1 lb. Powdered Sugar.****Juice of 1 Lemon.**

Whip the cream to a stiff froth, and lay it on a sieve for 10 minutes to drain. Meanwhile beat well together the pulp and sugar, which should be poured over the whipped cream in a bowl and gently whipped, on ice, for 10 minutes to blend thoroughly.

Fill into a 2-quart mold and pack in salt and ice for 2 hours; if packed into a brick mold, it should be made so full that the mixture presses out between cover and mold, making a seal that effectually excludes the brine.

To make a "Mousse Glacé," first line the mold with ice cream, and fill the cavity with the whipped cream and pulp.

**MAPLE MOUSSE.****1 qt. Thick Cream.****1 cup Maple Syrup.****4 Eggs.**

Beat the eggs to a batter; bring the syrup to a boil and add the eggs, slowly cooking until the mixture thickens to a custard. Cool, and add the cream, whipped to a stiff froth.

Put in a mold and pack for 3 hours in salt and ice.

**CAFE FRAPPE.****6 ozs. Coffee.** **$\frac{3}{4}$  lb. Sugar.****3 pts. Water.****White of 1 Egg.**

The coffee must be freshly roasted, and of high flavor. Pour over it the boiling water, cover it and let stand to draw out the strength. Pour off the clear coffee, strain, add the sugar, cool, add the white of one egg, and freeze to the consistency of wet snow. Serve in tall glasses.

**ORANGE FRAPPE.****1 pt. Sugar.****1 pt. Orange Juice.****1 qt. Water.****Juice of 2 Lemons.**

Boil the sugar and water for 20 minutes; then add the juices, cool, strain and freeze.

### MAPLE FRAPPE.

1 pt. Maple Syrup.      1 cup Cream.      1 cup Water.

Beat all together, for 5 minutes; freeze, and serve in glasses. A tablespoonful of whipped cream may be placed on top of each portion, if it is desired.

### PINEAPPLE FRAPPE.

2 cups Water.              1 cup Sugar.  
1 Pineapple, Shredded.      Juice of 2 Lemons.

Cool, strain, add a pint of ice water and freeze.

### ANGEL PARFAIT.

$\frac{1}{2}$  cup Water.              3 Egg Whites.  
 $\frac{1}{2}$  cup Granulated Sugar.      1 pt. Cream.

Boil the water and sugar, stirring until it boils and then boil *without stirring* until it spins a thread. Add this to the stiffly beaten egg whites, and beat until cool. Flavor, stir in gently the cream, and then pack away for 3 or 4 hours in salt and ice.

Nuts or candied fruits, or a mixture of both, can be added to any of the above.

### MAPLE PARFAIT.

1 pt. Cream.              4 Egg Yolks.               $\frac{3}{4}$  cup Maple Syrup.

Heat syrup and pour slowly into the lightly beaten yolks. Put in double boiler and boil until it thickens, stirring constantly. Whip until cool, then pour it *lightly* into the whipped cream. Pack in salt and ice for 4 hours.

**MILK SHERBET.**

1 qt. Milk.	1 pt. Sugar.
Juice of 3 Oranges.	Juice of 3 Lemons.

Add the juices to the sugar and stir until dissolved. Add the milk and *freeze at once*. If allowed to stand for any length of time after mixing, the juices are apt to curdle the milk.

**CAFE PARFAIT No. 1.**

1 cup Granulated Sugar.	$\frac{1}{2}$ cup Strong, Black Coffee.
Yolks of 4 Eggs.	1 pt. Cream.

Boil coffee and sugar to a thick syrup, and until it spins a thread. Add this to the stiffly beaten egg yolks and beat until cool; flavor and stir in gently the cream. Pack in ice and salt for 4 hours.

**CAFE PARFAIT No. 2.**

3 ozs. Java and Mocha.	$\frac{1}{2}$ lb. Sugar.
4 Egg Yolks.	$\frac{2}{3}$ pt. Cream.
1 tablespoonful Vanilla.	$\frac{1}{2}$ pt. Water.

Put the coarsely ground coffee in a muslin bag, with the water in a double boiler, and keep it steaming hot for 15 minutes. Strain through muslin, and cool. Beat the egg yolks until creamy; add the sugar and again beat until light, and carefully add the coffee and flavor.

When cold, freeze until about half done, then stir into the can the cream, well whipped. Without freezing hard, repack and allow to stand for an hour or two to ripen.

**GRAPE JUICE PARFAIT.**

1 cup Sugar.	$\frac{1}{2}$ cup Boiling Grape Juice.
1 pt. Double Cream.	$\frac{1}{2}$ Lemon.
1 tablespoonful Vanilla.	$\frac{1}{2}$ cup Cold Grape Juice.
Whites of 2 Eggs.	

Boil the sugar and juice to the "thread" degree, and pour over the beaten eggs in a fine stream, beating constantly; when

cold, add the cold grape juice and the lemon juice, with the vanilla. Fold in the cream, whipped until solid, and stand in a mold 4 hours, packed in equal parts of salt and ice.

### CARAMEL PARFAIT.

1 cup Sweet Milk.

1 pt. Cream.

1 heaping cup Granulated Sugar.

4 Egg Yolks.

Place the sugar in a granite saucepan over the fire and stir constantly. It will first form large coarse granules, then gradually melt and turn brown. When golden brown, the caramel stage is reached and it must be removed from fire immediately. Add at once the milk and stir over hot water until the caramel is dissolved and it is a rather thick syrup.

Now beat well the egg yolks and add gradually, stirring constantly until the mixture thickens and coats the spoon. Take from the fire and beat until very light, and cool; add vanilla flavoring, and when quite cold, stir in gently the cream (beaten until stiff).

Pack at once in ice and salt and allow to stand for 3 or 4 hours before serving.

### CHOCOLATE PARFAIT.

1 cup Granulated Sugar.

2 ozs. Chocolate.

4 Egg Yolks.

1 pt. Cream.

$\frac{1}{4}$  cup Water.

Boil the sugar and water, making a thick syrup and pour slowly over the melted chocolate; mix thoroughly and when slightly cool, add gradually the well-beaten yolks. Place over the fire in double boiler and cook until it thickens, stirring constantly. Beat until cool; add the cream (after beating until stiff), pack in ice and salt and set aside for 4 hours to ripen.

### COFFEE PARFAIT.

1 qt. Cream.

$\frac{1}{2}$  lb. Granulated Sugar.

6 ozs. Mocha and Java.

1 pt. Whipping Cream.

The coffee should be ground medium fine, placed in a muslin bag and dropped into a double boiler with half the cream, and cooked slowly for 20 minutes. Squeeze the coffee dry, strain the cream and when cold, add to it the rest of the raw cream, and freeze. Repack and allow to stand for an hour.

Whip a pint of cream, and keep on the ice while the ice cream is "ripening;" stir the whipped cream into the freezer, and serve in glasses.

This can also be made in chocolate and strawberry, using enough to give a decided flavor.

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## HOT WEATHER BEVERAGES.

There is a perfectly natural demand of the system for cold, refreshing drinks during the hot months; in fact, the comfort of the household is greatly increased when good, home-made cold drinks are regularly provided. We give here several formulas for beverages, which have been well tested.

### RASPBERRY SHRUB FOR ICED WATER.

Fill a half-gallon glass jar with fresh red raspberries; pour over them cider vinegar until the jar is full. Screw the cover on and let them stand for one week, then scald and pour them into a jellybag, and let it drain. To the juice add one pound of loaf sugar for each pint. Boil fast for 20 minutes, skimming when any scum rises, and while hot, put into six bottles or glass jars.

One spoonful in a glass of iced water makes a drink of delicious flavor.

### THE HANDY LEMONADE.

Grate the rinds of 4 large lemons, and mix with 1 pound of sugar. Squeeze the juice of the lemons and pour over the sugar, and put all in a glass jar. Allow 1 tablespoonful for each glass of iced water.

**DELICIOUS ACID DRINK.**

Mash 1 pint of ripe currants and same quantity of red raspberries, pour into a jelly-bag and press out all the juice; strain this juice through a cheese cloth. Now pour over the juice about 3 pints of cold water, and add sugar to taste.

When ready to serve, add cracked ice to cool.

**LEMONADE WITH EGGS.**

Pour 1 pint of cold water over 3-4 of a pound of sugar, and add to it the juice of 5 lemons. Beat the yolks of 3 eggs until light, then beat the whites to a stiff froth and add to the yolks.

Now put all together, pour a cup and a half of cracked ice into it, stir in the eggs and serve.

**LEMONADE.**

Juice of 2 Lemons.                      Sugar to taste.  
 Yellow Rind of 3 Lemons.    1 pt. Boiling Water.  
 A bit of Dried Orange Peel.

When cool, serve in thin glasses, half full of cracked ice.

**CREAM LEMONADE.**

1½ lbs. Sugar.                      ⅔ pt. Cream.  
 1 qt. Boiling Water.              ¼ pt. Lemon Juice.

When cold serve in thin glasses with cracked ice.

**PINEAPPLE-ADE.**

1 pt. Water.                      1 2-lb. can Grated Pineapple.  
 1 cup Sugar.                      Juice of 3 Lemons.

Boil water and sugar for 10 minutes; cool, and add the pineapple and lemon juice. Chill well, strain and add 1 quart of ice water.

Serve in lemonade glasses.



**LAWN PUNCH.**

1 lb. Granulated Sugar.	1 qt. Water.
1 qt. Chopped Ice.	1 pt. Small Fruit.
Juice of 2 Lemons.	Juice of 2 Oranges.
Grated Rind of 1 Lemon.	Grated Rind of 1 Orange.

Boil the water, sugar and grated rinds for 5 minutes. Strain, cool and add the ice, juices and fruit (cherries, strawberries, blackberries or raspberries may be used).

**ICED TEA FOR LUNCHEON.**

In the morning, when you have a fire, put as many spoonfuls of tea in an earthen teapot as you have persons to use the beverage, and always allow 1 or 2 spoonfuls extra.

Pour over it fresh boiled water and set it back of the stove, where it will steep, but never boil. In 10 or 15 minutes drain off in a pitcher, and when cold, set in the refrigerator.

Serve in glasses with a slice of lemon, and have a dish of cracked ice on the table for those who wish it.

**CREAM SODA.**

Boil together for a few minutes 3 pints of water and 2 lbs. of white sugar, juice of 2 lemons and 2 ozs. of tartaric acid. Set this away to cool. Beat the whites of 3 eggs to a stiff froth, slowly sift into it half a cup of flour and stir until smooth; then flavor with half an ounce of wintergreen essence. When syrup is nearly cool, stir in the eggs, and when cold, put it in a stone jug which has been scalded until perfectly sweet. Cork tightly, and keep in a cold place.

For a drink use 2 tablespoonfuls of this syrup in a glass of water, and just before drinking add a quarter-teaspoonful of soda, and stir well.

## Home-Made Candy.

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### PRIMARY POINTS TO BE LEARNED.

The whole difficulty in candy making is in understanding the boiling of sugar, and the effects of certain ingredients on the boiled sugar.

All that is necessary to know about this matter will be given in these opening paragraphs, and the reader is invited to refer to them often when using the recipes in this book, all of which will turn out exactly right if directions are faithfully followed, and no changes made or innovations attempted.

Sugar, when boiled to what is called the "snap" or "crack," will remain clear if not stirred. If however it is disturbed, either by the dipping of nuts into it, or by stirring, it will become cloudy, and very probably go back to sugar. For this reason, vinegar or some other acid is added to the syrup, which prevents granulation and to a large extent the clouding, and enables it to be handled for different purposes without spoiling the appearance. Here are three rules to remember:

Avoid stirring or disturbing candy that is meant to be clear, any more than can be helped.

Never, when pouring out boiled candy, scrape the saucepan over it, or allow any of the scrapings to fall into the batch.

*Always* use a thick saucepan (either iron or enameled) to boil sugar.

Use salt and vinegar to clean a copper kettle and rinse well with clean water.

## TO BOIL SUGAR FOR CLEAR CANDY.

Put 1 lb. best quality granulated sugar in a saucepan with a half pint of water; stir well before it boils, so that the sugar may not sink and burn. When dissolved, *stir no more*. When the sugar boils and fine bubbles appear, begin to try it in cold water, dropping a little from a fork; in case it snaps like glass between the teeth, it has reached "the crack," and is ready to make many kinds of candy.

If the boiling is continued longer, it will reach a point called "caramel," when it takes on a yellow cast, and must be *at once* drawn off the fire. Caramel is a useful degree; the next one, however, means burning, and very few seconds are enough to reach it.

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## A FEW SUGGESTIONS.

When making any kind of candy, always get the best and purest sugar obtainable. Select only sugar that is dry and uniform in quality, with hard, sparkling crystals.

Where confectioners' sugar is used, it will form in hard lumps when dry, and these must be thoroughly crushed before the candy is allowed to boil. This can be done by breaking the lumps with a hammer, or if you have time, let the water which is to be used in making the candy stand mixed with the sugar for some time.

Always dissolve cream of tartar in a little water before adding to the sugar.

Remember, sugar passes very rapidly from one degree to another, and must be tried often and carefully. It must not be stirred while boiling, but may be stirred until it reaches the boiling point, and this stirring allows the sugar to become well dissolved before it boils.

Unless otherwise specified, *always* cook over a very hot fire.

You will find it convenient to have a hook in the kitchen on which to pull candy, as it pulls so much better and easier on a hook than between the hands. A large, bright clothes hook, a meat hook or a regular candy hook may be used.

When nuts are used, great care must be taken in preparing them, and if you cannot get the ready shelled meats, be careful in cracking to hit the shell in such a way as to open the nut in halves.

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## CREAM OF TARTAR IN BOILED SUGAR.

The use of this ingredient in sugar intended either for clear or pulled candy is simply to acidulate or "grease" it, in order to retard or prevent granulation. Care must be exercised in its use, as too much acid will cause it to grain; neither can it be boiled to a caramel if there is too much. About a small teaspoonful to 25 lbs. of sugar, with the water, will keep from granulating. Many confectioners never use it, preferring to use glucose instead, which serves the purpose almost as well.

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## RULES FOR CANDY MAKING.

Never stir your syrup after the sugar is dissolved—the only object in stirring being to prevent the sugar from settling and burning when first put on the fire.

Never allow the crystals to remain on the side of the pan, but keep them wiped off with a wet cloth or damp sponge.

Never shake or move the kettle while syrup is boiling, or the mass may grain.

Always stir fondant constantly while melting or it will form a clear syrup.

Make fondant one day and the candy one or two days later—never on the same day, as it must have time to mellow and ripen.

Always have everything in readiness before beginning a batch.

If sugar grains, reboil it and use for cream candy or a plain sugar taffy.

If fondant grains it has simply been boiled too long; add water and boil again.

Use best granulated sugar for boiling, and confectioners' XXX for kneading.

Cool fondant by setting in a cool dry place—not a refrigerator.

When candy is overboiled or underboiled or for some reason grains, let it stand over night, adding a little water to soften it and reboil the next day, with the addition of a quart of New Orleans molasses.

New Orleans molasses, such as is sold by supply houses for confectioners' use, is the only correct syrup to use.

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## COOKING TERMS USED.

Feather or "soft ball" degree means that when a little of the mixture is dropped in cold water it will make up into a soft ball. This degree is 240 on the thermometer, or 36 on the saccharometer.

"Soft crack" degree is reached when the mixture, dropped in cold water, cracks between the fingers, but if held a moment forms into a hard ball again.

"The crack" has been reached when the mixture, dropped in cold water, becomes crisp and just too hard to form a ball.

"Hard crack" is reached when the mixture, dropped in

water and then taken out, will crack between the fingers like an egg shell. The thermometer degree for this is 290 Fahrenheit.

“Hard ball” is reached when the candy, dropped in water, forms a firm and rather hard ball between the fingers. The thermometer degree is 265 Fahrenheit.

“The thread” degree is reached when a bit of syrup, taken between thumb and finger (after dipping them in cold water), threads as they are drawn apart and then breaks and settles on one of them. This is 280 degrees on the thermometer.

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## IMPORTANT SUGGESTIONS.

In making cream patties it is a good thing to start in with the white goods first, and then without stopping to clean the kettle you can make up a batch of lemon or orange, then adding a very little red to the yellow you will get the pink tinge, then a heavier red for a strawberry batch, and then you can wind up with a chocolate. This will cut out the constant cleaning of the kettle between batches, when you want to make several kinds of patties.

This same method, of course, can be followed in making up taffies, caramels or other goods—always start in with the uncolored goods first and then the colors in rotation, facilitating the work greatly.

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## THE FUNNEL DROPPER.

This is made like the top part of a common funnel, and the 3-8 inch opening should have a wire ring about it, to give it strength; it should have a handle like a coffee pot, and should be used with a 5-8 round stick, pointed at the lower end, so as to close the opening, and by quickly raising the stick, allow enough

cream to drop and form a wafer, on a piece of waxed paper. Any tinner can make you a dropper, but it is not necessary, as a large spoon will enable you to drop the wafers, so as to be nearly of same size.

In dropping patties where molds are not used, try to get them uniform in size and thickness; make them thin rather than too thick, as these goods are essentially very dainty. It requires practice to drop these goods nicely and without using molds.

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## CREAM CENTERS AND BONBONS.

### Detailed Instructions for "Fondant," from Which May Be Made All Sorts of Cream Bonbons, Drops, Chocolates, Etc.

Cream bonbons have a formidable sound to the beginner, but success does not depend on the marble slab, or candy thermometer, and even the inexperienced need not fail if directions are carefully followed.

The foundation for bonbons is made by cooking sugar with water until the necessary chemical change has taken place; the result is "Fondant."

Make a swab by wrapping a 2-inch wide strip of cheese cloth around the blade of a small paddle; have ready a wooden spoon, a large platter or two (in the absence of a marble slab), and a clean copper kettle, or a good substitute.

Place in the kettle 2 1-2 lbs. granulated sugar (or confectioners' "A" sugar), 1-4 teaspoonful cream of tartar and 1 1-2 pts. water.

Or, for a small quantity, take 2 cups white sugar, 1 cup water and a pinch of cream tartar.

Or, use 2 lbs. white sugar, 5 ozs. glucose and 10 ozs. water.

Stir for a few moments with a wooden spoon or a maple pad-

dle, then put on the fire and let it come to a boil. *Do not stir again*, and avoid moving or shaking the kettle. Usually it will need skimming after a few moments' boiling; boil rapidly, and as the sugar crystallizes on the sides of the kettle, wash it down with the swab well wet in cold water. Do not be afraid to use enough water to keep the kettle perfectly smooth and clean, for unless this is done it is impossible to make an ungrained fondant. Sugar crystallizes so easily that it takes only a few crystals to start a chain which will granulate the whole mass.

Boil 5 minutes, then test by dipping a fork carefully into the syrup, which should hang from it in a thread when sufficiently cooked; if it threads ever so slightly, drop a little of the syrup in cold water, and if it has enough consistency to make a very soft ball, it is ready to take from the fire.

A thermometer is a great help and the proper degree is 238 Fahrenheit, but it is not essential, as the after treatment of the syrup is far more important than the exact temperature.

Pour the hot syrup evenly and slowly on the slab or platter; retain the last bit of syrup in the kettle, as it is apt to grain the entire mass. Place gently aside to cool, and when thoroughly cold it is ready to be beaten; if stirred before being well cooled, the syrup is apt to granulate. With a heavy knife, as a housekeeper would beat eggs, work the cream back and forth vigorously. This requires a strong wrist, and frequent rests may be necessary and will do no great harm. It is much easier to beat the fondant when hot, or even lukewarm, but success is not always certain, as it is with the cold mass. Almost immediately the syrup will begin to cloud and after some 20 minutes or so of steady beating or "working," the cloudy, sticky mass will suddenly change to a pure white cream.

Instead of beating as above, if preferred, it may be taken in the hands and kneaded like dough, until it takes on an oily appearance.



The three points to guard are: First, cooking too long; second, shaking or disturbing the hot syrup, and third, beginning to beat while it is still too hot. In the first case, the fondant will be crumbly, and must be kneaded a long time before it will be "bland." In the second case, it will granulate and must be boiled again, with a cup of water added. In the third case, it will be rough and should be set aside to reboil with a quart of New Orleans molasses, making a taffy.

If not wanted for immediate use, scrape the fondant into an earthenware bowl or jar, and cover with paraffine paper and a wet cloth.

In 24 hours it will be in prime condition for manipulation and no matter how long it stands, it will keep as well as so much sugar if you will keep the vessel tightly covered.

If wanted for immediate use, a thorough kneading of the fresh fondant on a slab or platter well sprinkled with confectioners' sugar, will soften the mass so that it can be molded.

To make the bonbon centers, use confectioners' sugar, making it into a stiff paste with orange or lemon juice flavored with the grated rind.

Any fruit juice or jam, ginger syrup, bits of candied ginger, preserved cherries cut in half, or a little melted fondant mixed with chocolate and a bit of cinnamon make a delicious center.

The next step, after these centers have stiffened, is to place a lump of fondant in a double boiler and melt over hot water, stirring occasionally until of the consistency of thick cream. Do not let it boil.

Take a "dipping fork" or a stiff wire with a loop at the end, and drop the centers, one at a time, into the hot fondant, quickly lift out and drop carefully on heavy wax paper, and in a very short time they will have stiffened enough to dip a second time.

Follow same course in covering creams and bonbons with dipping chocolate, thinned with cocoa butter.

For Maple Fondant, substitute maple sugar, or a fair imitation made of brown sugar. For Coffee Fondant, use a strong black coffee, instead of water.

### **CREAM FONDANT No. 2.**

Stir, while dissolving on the edge of the stove, 2 cupfuls of granulated sugar, 1 cup of water, a few grains of salt, and a large pinch of cream of tartar; then boil gently without further stirring.

Wipe away any crystals that form above the edge of the syrup while boiling, but do not touch the syrup or jar it, as that would cause it to grain. Use for the purpose a sharp stick wrapped with a piece of wet muslin. Boil, not too vigorously, for 15 minutes; then dip a smooth stick into ice water, then into the syrup and back again into the water; if the syrup, thickly adhering to the stick, will become like soft putty when worked between thumb and finger, it is ready to turn out.

Keep on testing every minute until this stage is reached, then turn it out into a deep and rather flaring earthen bowl, lightly oiled or buttered. Let it cool for a few minutes and when the finger tips, pressed gently, will dent it, begin to stir (before a crust forms) round and round with a stout wooden spoon or paddle until it becomes a snow-white, creamy mass. Put in flavoring while stirring, a half teaspoonful each of rose and vanilla is a good combination, which blends well with nuts, chocolate or candied fruit. Kneading improves the fondant.

### **CREAM FONDANT No. 3.**

4 cups Granulated Sugar.      3 tablespoonfuls Glucose.  
1 cup Boiling Water.

Stir thoroughly, put cover on and allow to boil rapidly till it will almost candy (but not quite). Then pour out in a large

pan so that it will cover the bottom not more than 2 inches deep. Set in a cool place till about lukewarm (try by putting the finger into the bottom).

Then stir with a wooden paddle until it looks white and dry as if it was graining, then with the hands knead it as you would bread dough, when it will soon become a fine, creamy mass, and this is just what is wanted. For flavor, pour on a few drops of the extract to be used, and knead it through, then cover the cream with a damp napkin, preferably in an earthen jar, and it will keep in perfect condition for some time.

Dust your molding board with the least bit of flour, roll the cream on it and then cut in small pieces and form into balls between the palms of the hands, and set aside on paraffine paper to harden. It is better for the amateur to do this part the day before you fix the chocolate for dipping, as they will then be firmer to handle.

In preparing your chocolate, put a cake in your double boiler to melt, and when melted add to it a lump of paraffine the size of a small hickory nut (cut into small bits), and a piece of butter about half as large, with a few drops of vanilla. Now roll the cream centers in this melted chocolate, and set on paraffine paper to harden, using a fork to dip them out with.

If you want some colored creams, flavor a little of the fondant with extract rose and add a very little red color (just enough to give a pink tinge); form into balls the size of a large marble, press into the top of each a blanched almond, and then roll in granulated sugar. These make a very pretty and dainty confection.

You can tint part of the batch a chocolate color by kneading in a little grated chocolate.

**CREAM FONDANT No. 4.**

Put a pound of sugar and a small cup of water into a thick saucepan and stir until the sugar is moistened. Then set the pan over a sharp fire, and do not stir again.

When it has boiled for about 15 minutes, drop a little from the end of a spoon into cold water; if it can be taken out with the finger and made into a soft ball, it is done. Remove quickly from the fire, as the syrup now changes rapidly. Set the pan in snow, or on ice to chill quickly. Of course, if the syrup mixes with the water instead of remaining in a lump, it is not boiled quite enough. If it shows crisp in the water, then it is overboiled, and must have a little water added and be tried again. By a little practice you will learn the exact degree.

When the syrup is cool enough to bear the hand in it, begin to beat at first with a spoon or pudding stick and then, as it stiffens, with the hands, working it as if it were bread dough. When smooth and shining, it is ready for use.

**UNBOILED CREAM FONDANT No. 5.**

**(A Substitute.)**

This is by no means equal to the boiled fondant, but may be used as a matter of convenience, when the candies are to be used at once.

To make the cream, use the white of an egg, an equal quantity of water, and powdered confectioners' sugar to make a firm, but not hard paste.

With either of these fondants ready, and a supply of flavors and colors, any of the following cream bonbons may be made.

**CREAMED WALNUTS No. 1.**

Take as much fondant as you require. Flavor it with vanilla by working in a little of the extract. Should the paste be sticky, work in a little confectioners' sugar. Have your walnut meats in

halves. Take a small piece of the cream and use it to join two of the halves, having enough of the cream to show well between the nuts.

Pink cream may be used for filling and is made by working into a portion of the paste enough prepared cochineal to color to shade desired; then add flavoring.

### CREAMED WALNUTS No. 2.

With the nuts in halves and a sheet or two of waxed paper laid at your right hand, take a small saucepan, into which you can fit a large cup or small bowl. Fill the pan half full of boiling water. Put 1 or 2 tablespoonfuls of the cream (according to the number of nuts you wish to use) into the bowl, and mash it with a fork as it melts, taking care that as it melts into cream you keep it well mixed until all is of one consistency.

If the paste were simply put into the bowl and allowed to melt without stirring, it would go back to clear syrup.

When about like thick cream set the pan on a hot brick on the table in front of you. With the left hand drop 1 or 2 nut meats into the cream and with a fork in the right hand, as *quickly as you can*, turn them over in the cream and lift out *one at a time*. Turn the nuts over on the waxed paper, taking care that the underside comes uppermost. Should the paste run off the nut, it has either been made too hot in the water (and this will remedy itself as you go on), or the cream is too soft boiled. Sometimes this is caused by poor sugar. If the latter is the case, stir in a very little confectioners' sugar. If it gets stiff, as it will, return the saucepan to the fire and melt again.

The cream is melted in this way for all kinds of dropped candies or "bonbons," as they are properly called, variation being produced by flavor and color. Therefore the process will not be described again in the following recipes. Always add flavor and color while the melting is going on.

**VANILLA CREAM WALNUTS.**

Make as above, flavoring with vanilla of good quality.

**ROSE CREAM WALNUTS.**

Make as above, and flavor lightly with extract rose.

**LEMON CREAM WALNUTS.**

Same recipe, color with infusion of saffron and flavor with lemon extract with a dash of tartaric acid worked in.

**ORANGE CREAM WALNUTS.**

Same recipe, using a drop or two more of saffron and oil lemon for flavor, and a speck of tartaric acid.

**CREAMED ALMONDS.**

Same recipe, but almonds being so smooth they must be dipped in the cream a second time after having cooled once.

**FRUIT LOAF.**

Select a long, narrow pasteboard box, brick-shaped, perfectly clean, and line it with waxed paper. Melt 1-3 cup of white fondant, add a teaspoonful of vanilla, a half-dozen candied cherries, cut in quarters, and a little chopped citron, for first layer in the box.

Melt same quantity, and flavor with chocolate and vanilla; and for the third layer, add chopped nuts to same amount of maple fondant. Cover with waxed paper, cool quickly, turn it out of the box and cut into slices.

**CREAM BONBONS.**

Are usually made of two substances, an inner one colored and flavored quite differently from the outer. These bonbons are delicious and afford scope for great ingenuity. The simplest are those in which almond paste forms the center. You can obtain almond paste from your baker, or any fancy grocer.

**ORANGE CREAM BONBONS.**

Grated Rind of One Orange.

Almond Paste (size of an egg).

½ teaspoonful Lemon Juice.

Confectioners' Sugar (sufficient).

Grate the rind of 1 thick-skinned orange, taking off only the yellow, oily surface. Mix with a piece of almond paste about as large as an egg, and a half teaspoonful lemon juice. Work these together with as much confectioners' sugar as will make a firm, dry paste. Break off little pieces and roll into balls the size of small marbles.

When done, put them on plates sprinkled with confectioners' sugar to dry. In the meantime, make the other centers, and do the outer work all at once.

When a little firm, prepare some cream as directed for walnuts on page 63. Either have the cream white or color with saffron, to which you might add a drop of caramel (see page 106), which gives intensity to the tint. Flavor the cream very slightly with oil orange, or the inside flavor may be sufficient to your taste. Drop the balls into the cream, and treat same as walnuts, giving them two coats if they are not smooth and shining after once dipping.

**RASPBERRY CREAM DROPS.**

Mix one dessertspoonful of raspberry jam or half the quantity of juice, with as much almond paste as it will flavor well, working in confectioners' sugar just as you would flour for dough. This will now be a dull greyish pink paste of exquisite flavor. Make this into balls as in preceding recipes. Prepare some cream, either white or colored a pale pink, and flavor with 1 or at most, 2 drops of essence almond, then drop into the cream as in preceding recipes.

It is hardly necessary to give more recipes for centers of which almond paste forms the base. Preserved pineapple, cherry, quince, etc., chopped fine, will produce delicious varieties.

### **COCOANUT CREAM BONBONS.**

Grate some cocoanut fine and mix with as much of the boiled cream as will bind it into a paste. Flavor with vanilla or lemon, and make into small balls, part of which drop into white cream. The rest may be dipped into cream mixed with chocolate. To do this, melt a piece of unsweetened chocolate in a cup with a teaspoonful of water. Mix this with enough cream to sweeten it, and use for coating the rest of the cocoanut balls.

### **CHOCOLATE CREAMS.**

Prepare the chocolate as in last recipe. Make little balls of the plain cream (the unboiled will answer), flavored with vanilla, and drop them into the chocolate. These are the most difficult bonbons to manage as the chocolate stiffens quickly and must be warmed over again with a few drops of water.

### **CHOCOLATE CREAMS.**

With the fingers work fondant into the shapes desired; then melt a little unsweetened chocolate, add vanilla flavor, and mix this with an equal quantity of fondant which has been melted over boiling water.

Dip the bonbons into the hot mixture, one at a time, quickly, so that they will not melt, and place on waxed paper to dry.

### **GINGER SQUARES.**

In a double boiler, melt a cup of fondant. Stir into it 1-3 cup of candied ginger, chopped fine. Pour into a shallow pan, and when well set, cut into squares with a sharp knife.

### **NUT BONBONS.**

Work a piece of fondant until it is creamy, adding a few drops of almond extract. Roll into small balls, and press half an English walnut on either side. If the nuts are to be dipped, use melted fondant, thinned with a few drops of boiling water.



## CREAM CANDIES IN BARS.

These are as delicious as any other French candies, and mixed with bonbons look very pretty. They are rapidly made, and serve to use up the odds and ends of cream left from bonbons, which must be carefully kept for the purpose in the following way: After dipping each kind of bonbon, there will always be some cream left that cannot be used. It will melt only two or three times in boiling water, after which it hardens instead of going to cream. At this stage fresh creams should be taken for melting and the other worked between the hands until smooth and firm; possibly it will only be as large as a billiard ball, but each flavor and color must be kept separate.

Empty spool boxes make good moulds, although cardboard cases an inch wide and high, and three or four inches long, are best. Line these with wax paper, and into them press a piece of cream candy. If it does not fill the case, make the upper surface quite level, and then press in a piece of another color, taking care that the colors go well together and the flavors agree—for instance, a pink layer on white, or yellow on chocolate, etc.

Chopped fruits may be worked into some of the cream, or grated cocoanut, or chopped nut meats. If the paste is dry and crumbles, moisten the palm of the hand with water; the least moisture is enough. For chocolate that is too stiff, use a little butter. When the bars are firm, take them out and cut on a board with a warm, sharp knife, into cubes.

### CHOCOLATE CREAM BAR.

Melt 1-2 square of chocolate over the kettle and stir in a lump of fondant the size of an egg. Put a layer of plain fondant on either side of the pan, an inch in thickness and cover all with a coat of melted chocolate and flavor with a few drops of vanilla. In a day this may be cut into squares.

### NUT BARS.

Mix nuts with the fondant, press into a square mold or pan and the following day cut into small cubes.

Candied fruits, peel, crystallized ginger, etc., may be covered with fondant also in many varieties of color and flavor.

If properly made, your fondant will keep for months in air-tight glass jars.

### FRUIT CANDY.

(Or "Wedding Cake.")

Chop fine raisins, figs, citron and almonds in such quantity as you desire to use, and knead it into some plain fondant. Then roll out a layer of the plain white fondant about 1-2 inch thick, then a layer of pink, then a layer of fruit, and another layer of pink (being careful that this last layer reaches over the sides to the other layer of pink); then another layer of white to reach over to the first layer.

Roll in melted chocolate and lay on wax paper to harden; when hard, slice across as you would a loaf of bread, and you will be surprised to see how lovely the "Wedding Cake" appears.

### SUGAR PLUMS.

Wrap the fondant around whole nut meats, dip into granulated sugar and shake violently in a bowl with a little extra sugar. Almonds are especially nice for this confection.

### COLORLED WALNUT CREAMS.

Mold a piece of pink fondant into a ball about an inch in diameter, lay on waxed paper and press an English walnut kernel on the top, with just enough force to make it stick. If forced down too hard the fondant is flattened into an ugly shape. These are very nice when made also in white or maple fondant.

## HOW TO COAT OR "DIP" CREAM CENTERS.

There is no secret in coating creams successfully. The main essentials are good coatings, and a little experience. The large shop with every facility at command cannot turn out goods one whit better than the small candy maker. The main and most important thing in coating creams is to keep the chocolate the right temperature; this applies to the creams also.

Melt the chocolate in a double boiler; when about half melted lift off the fire and stir until the rest of the chocolate is melted. Then take out a little of the chocolate, and work well with a palette knife until ready for use. Drop the creams from the left hand, and coat them with the right, depositing when done on wax paper; as each sheet is filled set it aside in a cool place where the goods will get firm and glossy.

Be sure that the centers are thoroughly cooled, without being ice cold, for when the latter is the case, the coating chills too quickly. It often happens that the chocolate is too thick, and the only remedy for this is the addition of a little cocoa butter, which must be worked through the chocolate thoroughly or it will work streaky. Always use the butter sparingly.

The temperature at which centers are coated has nothing to do with them, but concerns only the coating, for when the temperature of the shop is over 70 degrees, or when the coating used is too warm, it will spot or get streaky.

## CREAM WAFERS OR PATTIES.

These are made of fondant, melted, flavored and dropped on waxed paper. If not thin enough to drop smoothly, add a little cold water. As soon as they are firm enough, quickly turn the paper over, pull them off, and allow them to dry.

Rose patties should be colored pale pink, and flavored with rose.

Lemon patties should be colored light yellow, and flavored with extract.

Coffee patties are colored with burnt sugar, and flavored with coffee.

Violet patties: Color violet, and flavor with extract of violet.

Maple patties: Use maple fondant, or try a delicate flavor of burnt sugar.

Chocolate patties: Add sufficient chocolate to give the flavor.

Nut patties: Mix chopped nuts with the fondant, which should be white.

Mint patties: White with mint essence to flavor.

### WORLD'S FAIR TURKISH CANDY.

1 pt. Milk.

$\frac{1}{2}$  lb. Glucose.

1 lb. Sugar.

$\frac{1}{4}$  lb. Nutmeats.

1 $\frac{1}{4}$  lbs. Fondant.

Put the milk, sugar and glucose in a kettle, and cook to 245 degrees on the thermometer, or until it forms a soft ball in cold water.

Take off the fire, add the fondant gradually, stirring constantly, and then the nutmeats; pour the batch into a wooden or pasteboard box well lined with waxed paper, or greased writing paper.

### PEACH CREAM WAFERS.

3 lbs. Crystal A Sugar.

$\frac{2}{3}$  pt. Water.

$\frac{1}{4}$  pt. Crushed Peaches.

$\frac{1}{4}$  teaspoonful Cream of Tartar.

Peach Color.

$\frac{1}{4}$  teaspoonful Peach Flavor.

Put the sugar into a copper or granite kettle, with the water and cream of tartar; stir until well mixed, and wash down the sides of the kettle, as explained in directions for fondant, cooking to 250 degrees on the thermometer, or until it forms a soft

ball in cold water, and pour on a damp cool platter. The peaches should be ripe and well crushed, and if color is desired use 1 part of yellow to 2 parts red. Spread the crushed fruit over the cream and allow it to partly cool; then work with paddle, as in making any other fondant. Spread a damp cloth over it after it creams, and a few minutes later knead the cream, and place it in a double boiler, stirring until warm and thin enough to run through a funnel-dropper; if too thick, add another peach or two. Drop on waxed paper, in wafers, size of a half dollar.

### PEPPERMINT WAFERS.

2 cups Sugar.  $\frac{1}{2}$  cup Boiling Water.  
A few drops Peppermint.  $\frac{1}{4}$  teaspoonful Cream of Tartar.

Put the mixture on the back part of stove and stir constantly until dissolved. Cover the kettle and set over a quick fire; boil about 10 minutes, or until it threads slightly. Cool, add the flavor and beat to a soft cream fondant, which should be dropped from a spoon, on waxed paper.

Using other flavors, and a few harmless colors, will afford a great variety.

### LOZENGES.

These candies, when good, are never very cheap, and as for this reason they are frequently adulterated, it is worth while to learn how to make them.

### PEPPERMINT LOZENGES.

1 oz Gum Tragacanth.  $1\frac{1}{2}$  lbs. Confectioners' Sugar.  
1 teaspoonful Essence Peppermint.

Soak 1 oz. of picked gum tragacanth for several hours in 2 ozs. of tepid water; then when it is all quite tender, wring it in a cloth. Work this gum with the palm of the hand on a marble table or large platter until very white and elastic. Then gradually work in the sugar, and when the paste is firm and compact, add the peppermint.

Using this paste as you would dough, roll it out with sugar in place of flour. When rolled to the thickness of a nickel (or thicker if you wish), use a tin tube or cutter the size of a quarter and stamp out the lozenges. Place them in rows on sugared baking sheets to dry in a warm place. When the first lot are stamped out, work up the trimmings, roll them out and use up to the last bit.

### **ORANGE LOZENGES.**

Soak the gum tragacanth in 2 ozs. orange flower water, then use as directed for peppermint lozenges. Flavor with a teaspoonful of oil orange and color with a very little turmeric. Then proceed as for peppermint.

### **GINGER LOZENGES.**

Make same as first recipe, using a teaspoonful ginger in place of the peppermint.

### **LEMON LOZENGES.**

Make the paste same as in first recipe; flavor with teaspoonful oil of lemon, and a few drops acetic acid.

### **ROSE LOZENGES.**

Make the paste same as in first recipe, except that before you begin to work it, you should color a bright pink with prepared cochineal, and give the slightest possible dash of acidity with acetic acid; then flavor with strong extract of rose.

All lozenges may be made same as the foregoing, using a very little acid when the flavoring is from fruit.

### **MARSHMALLOW PASTE.**

$\frac{1}{2}$  lb. Gum Arabic.

1 lb. Powdered Sugar.

Soak the gum arabic in 1 pt. of water until soft. Add to it the powdered sugar and stir all together in a double boiler (or a saucepan set in a larger one), until it is thick and white. Try

it in water as soon as it thickens. If it forms a firm but not hard ball, it is done.

Remove from the fire, and if you want what is called "inflated" marshmallow, i. e., rather spongy, beat the whites of 2 eggs and add gradually to the paste, then flavor with orange flower or rose. The former is generally used.

The paste may be poured out on a pan or dish covered with cornstarch, and when cool it can be cut into squares and packed away in confectioners' sugar till wanted. It will grow dry and hard in a few days, so that it is desirable to use it up within a short time.

### MARSHMALLOW.

$\frac{1}{2}$  lb. White Gum Arabic.    1 pt. Water.  
 $\frac{1}{2}$  lb. Fine Sugar.            Whites of 4 Eggs (beaten).

Dissolve the gum arabic in the water; strain, and add the sugar, and place over the fire, stirring constantly until the syrup is dissolved and all is of the consistency of honey. Add gradually the egg whites, well beaten, and stir the mixture until it becomes somewhat thin and does not adhere to the finger.

Pour into a pan slightly dusted with powdered starch or corn flour, and when cool divide into small squares.

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## HOME-MADE CARAMELS.

Glucose is the secret of making fine caramels, that cannot be excelled by any confectioner. They have all the "chewing" qualities, and are easy to make. The formulas have all been carefully tested.

### VANILLA CARAMELS.

2 cups Granulated Sugar.     $\frac{3}{4}$  cup Glucose.  
1 cup Rich Cream.            2    teaspoonfuls Vanilla.

Put all except the flavor into a saucepan over a quick fire, stirring constantly until it comes to boiling point. The stirring is important, as there is great danger of the freshest cream curdling if the stirring is neglected. It must be stirred often, while boiling, and constantly when it becomes thick, or it will burn. Boil until it makes a hard ball when tried in water; it must not be brittle, but should be firm when taken between the fingers. When done, add the flavor and pour into buttered pans to cool, making the thickness of the caramel 1-2 to 3-4 of an inch.

When cold, loosen the edges, turn out on a smooth platter or board, and cut into squares with a sharp knife.

### MAPLE CARAMELS.

2 cups Granulated Sugar.	1 cup Maple Syrup.
1 cup Rich Cream.	$\frac{3}{4}$ cup Glucose.

Follow directions for vanilla caramels.

### CHOCOLATE CARAMELS.

Same as vanilla caramels, simply adding 2 squares of unsweetened chocolate before putting on the fire.

### FIG CARAMELS.

Same recipe as for vanilla caramels. Have ready a cupful of chopped figs in a buttered dish, and when the candy is done, pour over them. Cut when cold.

### COCOANUT CARAMELS.

These caramels are made by simply adding a cupful of shredded cocoanut to the vanilla caramels. Have the cocoanut in a buttered pan, and pour the candy over it when finished.

### NUT CARAMELS.

Have a cupful of chopped nuts in a buttered pan, and pour over them either vanilla, maple or chocolate caramels.



**CREAM CARAMELS.**

Use "fondant," as described under that head, melting and spreading the cream between 2 layers of caramel. Use maple, chocolate, or vanilla caramel, pouring it into 2 pans of same size, and in a layer about 1-4 inch thick. When cool, pour a thin layer of the fondant on top of 1 layer of caramel, and place the other caramel sheet on top of all, and cut into squares when cool.

**VANILLA CARAMELS.**

2 cups Granulated Sugar.    1 dessertspoonful Vanilla.  
 ½ cup Milk.                      ¼ teaspoonful Cream of Tartar.

Wet the sugar with the milk, and when it has dissolved add the cream of tartar and set on the side of range until very hot. Stir for 10 minutes, or until it reaches soft ball. Add the vanilla and pour into a broad bowl and allow to cool until you can handle it.

Now beat with a flat spoon to a sort of doughy paste; knead this as you would bread upon a board strewed with sugar, and roll into a sheet less than 1-2 inch thick. Cut into squares.

**VANILLA CARAMELS.**

4 cups Granulated Sugar.    3 tablespoonfuls Glucose.  
 1 cup Water.                      1 cup Cream.  
    Butter (size of an egg).

Boil, stirring most of the time, until it will harden when dropped in cold water, the water, sugar and glucose. Then add immediately the cream and butter. Let it boil again until it will harden in water, then remove from stove and add your flavor—about 3 teaspoonfuls generally but one must be governed by taste, as some extracts are much stronger than others.

Pour out into a buttered dripping pan, so that the candy will be about 3-4 inch thick. Let it cool and then cut into square blocks and wrap in wax paper. This paper should be thin of

course, and cut into squares, about 2x3 inches, and kept ready. The paper that grocers use to put over butter is just as good and much cheaper, though not quite so attractive on account of its yellow tint.

When this recipe has been thoroughly mastered, it is very easy to make a great variety by using different flavors, colors, etc.

### CHOCOLATE CAMELS.

Follow same directions as above, simply adding 1-4 lb. chocolate, grated fine, with the cream and butter.

### CHOCOLATE CAMELS.

1 pt. Milk.	3 lbs. Sugar.
$\frac{1}{2}$ lb. Butter.	Vanilla Flavor.
$\frac{1}{2}$ lb. Chocolate (scraped fine).	

Cook the milk, sugar and butter until it comes to a boil, then add the chocolate. It will be better to mix the chocolate smooth with a cup of boiling milk before adding to the whole quantity. Now let it boil until quite thick, stirring constantly. When done, add vanilla or lemon flavor and pour into buttered tins. When nearly cold, cut into squares.

### CHOCOLATE CAMELS.

2 cups Brown Sugar.	$\frac{1}{4}$ pt. Cream.
$\frac{1}{2}$ cup Molasses.	4 tablespoonfuls Butter.
4 ozs. Bitter Chocolate.	

Cook until it is brittle when dropped in cold water. Stir in a teaspoonful vanilla, pour into a buttered pan, and cut into squares.

### CHOCOLATE CAMELS.

4 ozs. Chocolate.	$\frac{1}{2}$ teacup Water.
3 lbs. Sugar.	$\frac{1}{2}$ pt. Cream.
1 scant teaspoonful Cream of Tartar.	

Dissolve the chocolate in a saucepan with the water; then add the sugar, cream and cream of tartar. Boil and stir slowly, cooking to the crack. When done, pour into buttered pans and mark off into squares.

### CHOCOLATE CAMELS.

- |                           |                                |
|---------------------------|--------------------------------|
| 1½ cups Grated Chocolate. | 4 cups Brown Sugar.            |
| 1½ cups Cold Water.       | Butter (size of an egg).       |
| 1 tablespoonful Lemon.    | 2 tablespoonfuls Acid Vinegar. |

Boil all together (except extract, which should be added just before removing from the stove), over a brisk fire until it shows brittle on immersion in cold water. Do not stir, but shake the vessel while boiling. When finished, pour into a buttered and floured dish, and divide off into squares while yet soft.

### CHOCOLATE CAMELS.

- |                    |                          |
|--------------------|--------------------------|
| 1 cup Brown Sugar. | 1 teaspoonful Flour.     |
| 2 cups Cream.      | 2 cups Baking Chocolate. |
| 1 cup White Sugar. | 1 cup Best Syrup.        |

Take the syrup, the sugar (both brown and white), grate the chocolate, and mix the flour with the cream. Rub the chocolate to a smooth paste with a little of the cream, boil all together half an hour, and then pour out in greased pans. Mark with knife into squares when cool enough to handle, greasing the blade so as not to "draw" the candy.

### CHOCOLATE CAMELS.

- |                           |                          |
|---------------------------|--------------------------|
| 1½ cups Grated Chocolate. | 4 cups Brown Sugar.      |
| 1½ cups Water.            | Butter (size of an egg). |

Boil on the top of a stove over a brisk fire until it becomes brittle when dropped in water. Do not stir but shake the vessel while boiling. Flavor with 2 teaspoonfuls extract vanilla just before taking from the fire, then pour into buttered and floured dripping pan and mark off into squares while soft.

**CHOCOLATE CAMELS.**

4 ozs. Butter.	½ lb. Grated, Unsweetened Chocolate
½ cup Molasses.	1 lb. Brown Sugar.
½ cup Cream.	1 teaspoonful Vanilla Sugar.

Put all together into a granite saucepan and stir over a slow fire until thoroughly mixed, and then boil slowly until the mixture hardens when a little is dropped in ice water. Turn into greased, shallow pans and set aside to cool. When nearly cold, dip a sharp knife in olive oil and mark into small squares, and when cold, break apart and if desired, wrap in wax paper.

**CHOCOLATE CAMELS.**

1 cup Brown Sugar.	1 cup Molasses.
1 cup Milk.	1 tablespoonful Butter.
1 tablespoonful Glycerine.	

Boil for 20 minutes, add a cup of grated chocolate and boil for 5 minutes longer. Test to see if it is brittle (it is better if removed just before this point is reached), and pour thinly into buttered pans. When cool, mark into squares and cut with heavy knife.

**NUT CAMELS.**

Use same formula as for vanilla caramels, and add 2 cups of hickory or walnut meats just before removing from the fire. Chop the nuts finely in preparing them.

**COCOANUT CAMELS.**

Use vanilla caramel formula, and after pouring the batch into pans sprinkle desiccated cocoanut thickly over the top.

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NOTE.—Refer often to the suggestions at beginning of this department, so as to become perfectly familiar with them.

## DAINTY NUT CANDIES.

### BROWN ALMOND BAR.

2 lbs. Sugar.                       $\frac{2}{3}$  cup of Water.  
1 lb. Almonds.                     $\frac{1}{2}$  teaspoonful Cream of Tartar.

Dissolve the cream of tartar in the water, and place along with the sugar in a granite saucepan. When it begins to boil, add the almonds stirring in slowly, and boil until the nuts are as brown as desired, which will be when they slide off the lifted spoon easily. Pour the candy 1 inch thick in greased pan, and when cool, cut into strips with a heavy knife and a hammer.

### PEANUT BAR.

May be made same as above, using 2 lbs. peanuts, however, instead of 1 lb., as for almonds.

### BRAZIL NUT BAR.

Using same ingredients as for Almond Bar, cook to hard crack; pour out one-half the candy in greased pan and scatter over this 1 lb. Brazils, after trimming off the brown skin. Then add the rest of the candy, and when cool, cut into bars. It should be about 1 inch thick when done.

### SLICED COCOANUT BAR.

Using same proportions and ingredients as above, cook to hard crack, then add slowly 1 sliced cocoanut; stir carefully, and pour into greased pan and cut any shape desired. The cocoanut should be carefully pared, cut into halves and sliced very thin with a sharp knife.

### NUT CANDY No. 1.

2 cups Molasses.                      1 cup Sugar.  
1 tablespoonful Vinegar.              1 cup Nutmeats.  
Butter (size of an egg).

Boil the molasses, sugar, butter and vinegar until it shows brittle when dropped into cold water. Put your shelled peanuts, English walnuts, hickories, in fact any or every kind of nut (the larger ones chopped), into a buttered pan and when the candy is done, pour it over the nuts.

### NUT CANDY No. 2.

Melt some fondant in a double boiler, stir in some chopped nuts, mold into squares or bars, and wrap in wax paper if it is to be kept for any length of time. Use uncooked cream for this recipe, as it is more easily manipulated.

### MEXICAN PANOCHA.

1 lb. Dark Brown Sugar.  $\frac{1}{2}$  cup Cream.  $\frac{1}{2}$  pt. Shelled Pecans.

Put the sugar and cream into a saucepan and stir over the fire until it melts and boils; cook to soft ball, then remove from the fire, add the nut meats and stir until the sugar is granulated. Then drop in little cakes on wax paper.

### MEXICAN SUGAR CANDY.

$\frac{1}{2}$  pt. Shelled Pecans.      2 cups Granulated Sugar.  
1 cup Milk.

Put one cup of the sugar into an iron saucepan, and stir until it melts, but do not let it burn. Take off the fire and when slightly cooled add the milk and the remaining cup of sugar. Stir the whole and cook to soft ball; then remove from the fire, add the nuts and stir until the mass granulates. Now pour into shallow, greased pan, quickly flatten it out, and when cold break into squares.

### COCOANUT CANDY.

1 cup "A" Sugar.      1 teacupful Grated Cocomnut.  
 $\frac{1}{8}$  cup Water.      Butter (size of a walnut).

Boil sugar, butter and water to soft ball, then remove from the fire and add the cocoanut, beat hard, and drop by the spoonful on buttered tins, and set in cool place.

### PEANUT CANDY.

1 pt. Molasses.      1 gill Brown Sugar.      2 ozs. Butter.

Boil all together until it thickens, then add 1 pt. roasted and shelled peanuts. Boil the whole batch for 15 minutes and pour into a shallow dish to cool and harden.

### PEANUT BRITTLE.

2 lbs. Granulated Sugar.      2 qts. Peanuts, Shelled and Skinned.

Roll the nuts until the kernels are broken to the size of half a pea. Sift, saving the siftings to dust over a board when you are rolling out the candy. Put one pound of the sugar in an iron saucepan over the fire; stir until the sugar is melted and a light brown, but be careful not to burn. Mix in quickly half the nuts and turn at once on the board, previously dusted with the siftings. Roll without delay into a very thin sheet, and with a large knife mark into squares. In a few moments break apart.

You may then melt the second pound of sugar in the same way, and use balance of the nuts.

### HICKORYNUT MACAROONS.

To hickorynuts ground fine, add mixed ground allspice and nutmeg, and make a frosting as for cakes, into which stir the nuts and spices, putting in enough only to make it convenient to handle. Flour the hands and make the mixture into balls about the size of marbles. Lay them on tins greased with well-washed butter, allowing room for them to spread, and bake in a quick oven.

**COCOANUT BAR.**

**2 lbs. Sugar. 1 pt. Water. 1 Freshly Grated Cocoanut.**

Put the sugar and water into pan, and when it boils add the cocoanut, and stir until the thread degree is reached, or 280 degrees by the thermometer. To determine this degree, try after the sugar has boiled a few minutes, by raising the spoon from the candy and passing the finger, which has been previously dipped in cold water, across it, retaining on the finger some of the syrup. Then join finger and thumb, and if a thread is formed when they are separated, which breaks and settles on the thumb, this degree is reached. Now take the candy off the stove and work the batch against the side of the pan with the spoon until it begins to look cloudy; continue this until the whole batch becomes a thick, white mass.

Pour out on a pan on which powdered sugar has been sifted; spread with a knife until of even thickness, and when cold cut into bars, same size as sold in stores. This may be colored pink or yellow if desired, in which case the coloring is added in the pan just before stirring.

**COCOANUT CAKES.**

**1 lb. Sugar. 1 pt. Water. 1 Grated Cocoanut.**

Cook just to a thread, as above described, stirring all the time; remove from the fire and rub sugar on the sides of the pan until it just begins to turn cloudy. Now with a tablespoon dip from the pan and drop on a sugared tray, removing contents from the spoon by means of a fork held in the other hand.

**MOLASSES COCOANUT CAKES.**

**4 ozs. Butter. 1 Freshly Grated Cocoanut.  
1 pt. New Orleans Molasses.**



Put molasses and butter into a pan over a slow fire, and when it boils add the cocoanut. Stir until the batch reaches hard ball, which degree is described under "Cooking Terms." Have a very slow fire, as this candy becomes very thick before it is done, and burns easily.

Pour into greased pan and spread of even thickness with a knife, and when cold, cut into cubes.

### **COCOANUT MACAROONS.**

**1 Freshly Grated Cocoanut.      White of 1 Egg.**  
**½ lb. Confectioners' Sugar.**

Work all together into a stiff paste and form into small cakes, with the hands. Lay these on buttered tins. Dust with powdered sugar on top and put into a hot oven. As soon as they brown a little, remove them and set aside to cool.

### **MOLASSES COCOANUT BAR.**

**2 Fresh Cocoanuts.                      1 pt. New Orleans Molasses.**  
**2 ozs. Butter.**

Pare and slice with a sharp knife 2 cocoanuts. Place over a slow fire the molasses and butter, and when it comes to a boil, add the cocoanut, stirring all the time over a slow fire until it reaches soft crack in winter, or hard crack in summer. Pour into a greased pan, spread thin with knife, and cut into bars.

### **FRENCH NOUGAT.**

**1 lb. Granulated Sugar.      1 teacupful Water.**  
**½ lb. Blanched Almonds.**

Boil the sugar and water over a sharp fire until it begins to turn yellow, and do not stir while boiling. Have ready the blanched nuts, well dried; put them in the oven and leave door open. When they begin to look yellow, add to the candy as it reaches the turning point described above, and quickly pour into a well-oiled tin or iron pan about 1-2 inch thick. Mark with

a sharp, heavy knife into bars before it cools. By bending the tin pans between the hands slightly, the candy will come out easily.

### BURNT ALMONDS.

1 lb. Sugar.	$\frac{1}{2}$ lb. Almonds (Jordans preferred.)
$\frac{1}{2}$ pt. Water.	$\frac{1}{2}$ oz. Chocolate.

These are rather tedious to make, but when well done will repay one for the labor expended. Buy nice, fresh shelled almonds, or if you cannot get these, buy the nuts and shell them yourself; nice Jordans are always to be preferred, as they run more evenly in size. Dust the meats well, but do not blanch them.

Place the sugar and water on the fire, and when it begins to boil add the nuts and stir until they begin to crack. Then place the pan on a table, and with a spoon, work the syrup on the sides, stirring the batch thoroughly and quickly until the sugar granulates, which will require only a few minutes. Now throw the whole batch into a flour sieve and shake off all the loose sugar; then place a flannel cloth over the nuts to keep them warm.

Put on the fire the sugar sifted from the nuts, add 1-2 pt. water and enough more sugar to make the whole amount 1 lb. Cook to a soft ball, then remove from the fire and throw in the nuts, and stir as before until the sugar granulates again. This time most of the sugar will adhere to the nuts.

Again retain the sugar remaining after sifting, and add enough more to make a pound; put on the fire with water enough to dissolve, and cook to soft ball. Set off the fire, add a little red color and 1-2 oz. dissolved chocolate, heated quite hot. Stir this through the batch and throw nuts into it again. Stir as before until sugar granulates, then empty into sieve and shake off all loose sugar.

Have ready a small amount of gum arabic dissolved in a little water kept warm on the back of the stove until ready for use. Now add to the little remaining sugar the gum arabic and set on the fire, stirring quickly until sugar dissolves; then set off and throw in the nuts. Stir carefully until all are coated; spread in a single layer on a pan and set in a warm place to dry.

Peanuts and filberts can be treated in the same way as almonds, but are never as nice.

### ALMOND ROCK.

1 lb. Brown Sugar.

$\frac{1}{2}$  lb. Almonds.

1 teacupful Water.

Extract Lemon to flavor.

Cook the sugar and water until the thermometer shows 290 degrees, or when dropped in cold water and taken up between the fingers it will crack like an egg shell; this is called hard crack. Flavor with lemon.

Clean the almonds by rubbing well between two cloths, but do not blanch. Slightly warm the nuts and pour as many into the candy as it will take; then pour 2 inches thick, in oiled pans, and cut with sharp oiled knife before cold. This batch will burn if left for a moment on the fire after it is done, so great care must be exercised.

### SOFT NOUGAT.

1 lb. Hot Strained Honey. Whites of 4 Eggs.

2 lbs. Sugar.

1 lb. Blanched Almonds.

$\frac{1}{2}$  cup Water.

Beat the egg whites to a very stiff froth; pour into them beating all the while, the hot honey. Now add slowly one pound of the sugar that has been boiled with the water to soft ball degree. Beat continuously over the fire until the mixture, when dropped in cold water, breaks apart in the fingers.

Add one pound of sugar that has been boiled according to directions for glazed fruit; then add the almonds, and pour

at once into shallow pans lined with rice paper. Cover the top with rice paper, and when cold, cut into strips the width of the pan, and 1 inch wide.

It requires two persons to make soft nougat.

### SALTED ALMONDS.

Blanch the almonds by pouring boiling water over them; the skins will slip off easily in a few minutes. Then rub dry with a cloth.

Coat them with melted butter or olive oil. A teaspoonful of oil to a cupful of nuts will be about the right proportion. Spread on an agateware dish and brown in a hot oven. They will require close watching and stirring to prevent burning. Sprinkle with salt while roasting.

Peanuts may also be salted as above.

### COCOANUT CREAM CANDY.

Milk of 1 Cocoanut.                      1½ lbs. Granulated Sugar.  
Finely Grated Meat of 1 Cocoanut.

Cook sugar and milk together, heating slowly until sugar is melted; then boil for 5 minutes. When boiled, add the grated cocoanut and boil for 10 minutes longer, stirring constantly to keep from burning. When done, pour on buttered plates, and cut into squares. Two days required to harden.

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### GLACE FRUITS AND NUTS.

You can make these equal to any confectioner's by cooking 2 lbs. sugar, 1-3 teaspoonful cream of tartar, and 1-3 qt. water, to hard crack. Pour into deep pan, and place at the side of slab or another *flat* pan; throw into the syrup, one at a time, the nuts and fruits which you wish to glacé, and remove them with a fork and drop on oiled slab or pan.

Candied fruits, such as cherries, pineapples, limes, apricots, etc., can be cut into small squares and dipped, as can walnuts, pecans, Brazil nuts, dates and figs. Fresh Malaga and California grapes, tangerines and sections of oranges can also be glazed if you are careful always to select only such fruits as have skins to protect the juice.

### FRUIT AND NUT GLACES.

Boil 1 lb. sugar, with 1-4 pt. water, and 1 teaspoonful vinegar, until it threads. Drop nuts, figs, cherries, or grapes, into this syrup, one at a time, dipping them out with a buttered fork, and dropping on waxed paper, or a buttered pan. Do not shake the syrup, and work rapidly. Keep the syrup hot in a double boiler, or it will crystallize. A second dipping improves the appearance of the fruits.

### PHILADELPHIA PENOUCHE.

1 can Condensed Milk.      1½ cups Light Brown Sugar.  
1 tablespoonful Butter.      ½ lb. English Walnuts.  
1 teaspoonful Vanilla.

Boil for 20 minutes, stirring constantly. Pour on buttered plates, and when nearly cold cut into squares. Is superior to that made of cream.

### GLACE NUTS.

1 lb. Sugar.      ½ cup Water.  
10 grains Cream of Tartar.

Put on the fire and stir until the sugar is dissolved, then with a cloth wrung from cold water wipe down sides of the pan and boil continuously without stirring until, when dropped in ice water, the syrup is brittle and clear. Now stand the saucepan in hot water, tipping it slightly to one side; drop in, one at a time, the nuts prepared, and lift out with fork and place on oil paper to harden.

**HICKORYNUT CANDY.****1 cup Nutmeats.****2 cups Sugar.** **$\frac{1}{2}$  cup Water.**

Boil the sugar and water without stirring, until thick enough to spin to a thread. Flavor if desired, and then set in cold water. Stir quickly until white, then throw in the nuts; pour into flat tins, and cut into squares.

**MAPLE SUGAR CANDIES.**

These may be made from the syrup or the sugar. In either case the best and clearest should be used. If the syrup is used, put it to boil just as you would molasses. Boil fast until it begins to get thick, then add half a small teacup of vinegar to each quart of syrup. When the mixture reaches the crack, pour it out. If you wish you can add grated cocoanut, or chopped nut meats, etc., and make into balls or pour out into cakes.

**MAPLE CREAMS.**

Take one-half as much water as maple sugar, cook without stirring and when nearly done, put in a small piece of butter; try in water and when it begins to harden, take off the fire and stir rapidly until it becomes a waxen substance. Then make into balls and put halves of English walnuts on either side, and set on greased plate to cool.

**CREAM MAPLE.****1 lb. Maple Sugar.** **$\frac{1}{2}$  teacupful Cream.**

Melt the sugar in a double boiler, or in a pan set in another full of boiling water, until it melts into syrup. Then put in the cream and boil for 10 minutes. Pour out into well-buttered dish and cut into squares while cooling.

**MAPLE SUGAR CANDY.**

1 lb. Best Maple Sugar.      1 cup Water.  
1 tablespoonful Vinegar.      Butter (size of a walnut).

Boil, all together, until brittle when dropped into cold water; then pour into buttered plate and when cool enough to handle, pull until white and hard.

**MAPLE CHEWING CANDY.**

(With Glucose.)

2 lbs. Maple Sugar.                       $\frac{3}{4}$  pt. Water.  
1 oz. Butter.                                 $\frac{3}{4}$  lb. Glucose.  
 $\frac{1}{2}$  teaspoonful Cream of Tartar.

Crush the sugar well, add the water and cream of tartar, and stir until the sugar is dissolved. Add the glucose and butter, and stir and cook to hard ball. Pour on buttered platter or pans, add a little caramel color to give the maple color, and pull well when cool enough to handle; then cut into sticks.

**MAPLE FUDGE.**

1 lb. Maple Sugar.                      1 pt. Hot Milk.  
Pinch Baking Soda.                      1 tablespoonful Butter.

Crush the sugar fine with a rolling pin, and pour over it the hot milk, into which you have already put the soda. Let the sugar melt slowly over the fire, and then bring to a fast boil. When boiled to the thread stir in the butter, and when it reaches the boiling point again, pour into buttered pans and cut into squares, as it hardens.

**CHOCOLATE LUMPS.**

Shred some Jordan almonds, figs and candied ginger; stir them into chocolate melted as for dipping bonbons; dip them out, when nearly cold, so as to preserve the rough appearance, and drop on waxed paper.

## POINTS ON TAFFY MAKING.

Taffy is the most commonly made home-made candy, and the following suggestions and directions will prove valuable to everyone.

None but the best molasses should be used, as the poorer kinds will not candy.

The boiling syrup should be stirred often, from the first, to prevent burning, and after it becomes thick, it will be necessary to stir constantly.

It will make the candy less brittle, and whiter, if, 10 minutes before taking off the fire, cooking soda is added in proportion of an even teaspoonful to the gallon of molasses. Take out a cupful of the syrup and mix the soda well in it, then take kettle from the fire and stir in the mixture. It will bubble up and vigorous stirring will be required to keep it from boiling over. Return it to the fire and continue boiling and stirring until done.

For sugar taffy, allow 1-2 teacup water and 1-2 cup vinegar to 3 lbs. sugar; set on the back of the stove until sugar is dissolved. Then bring it forward and let it stew steadily until done, which may be determined in same way as for molasses taffy. Do not stir while stewing, as that would make it go back to sugar. If you do not want it hard and brittle, add an even teaspoonful soda in same way as with molasses, only don't stir.

In pulling taffy, it is a mistake to oil the hands. The candy will be much nicer if instead, you wash your hands occasionally in cold water, drying them perfectly each time; if it hardens too rapidly, while pulling, sprinkle a little milk over it.

Use fresh butter or olive oil for greasing the pans into which you pour the candy.

Taffy proper is made by boiling hard for 20 minutes, 1 cup sugar to 1 of molasses, with a teaspoonful of butter. Test by dropping into cold water, and when brittle, it is done.



A difference in the quality of the molasses often makes a necessary difference in the cooking time. Best New Orleans molasses is always good.

### GLUCOSE.

This ingredient, which is simply corn syrup, is the foundation of many candies, and may be procured very cheaply from any confectioner.

### EVERTON TOFFEE.

(Original English Recipe.)

In a saucepan (a common iron one will do), put 4 lbs. light colored sugar, 1 1-2 pts. of water, with 1-4 oz. of cream of tartar. Place the whole on the fire and stir occasionally until it boils; then put a cover over the pan and allow it to boil for 10 minutes.

Take the cover off and try the sugar by dropping into cold water; if it crunches and leaves the teeth without sticking to them, the batch is done.

Now add 1 lb. best butter (previously melted), with a teaspoonful of essence lemon. Allow it to remain on the fire a few minutes till the butter boils through the sugar, then remove the pan and place on the floor, and with a ladle filled with the hot syrup, pour from a height of 2 feet back into the pan. Repeat this 15 or 20 times, until the toffee becomes opaque and looks creamy. Then pour out on oiled slab (or buttered platters), and when nearly cold, mark into bars with a knife.

### EVERTON TOFFEE No. 2.

2 ozs. Fresh Butter.

1 lb. Brown Sugar.

Grated Rind of 1 Lemon.

Melt the butter, which must be best quality and free from salt, in a thick saucepan; add the brown sugar and boil until the syrup, dropped in cold water, cracks between the teeth.

Pour into buttered tins 1-2 inch deep, and set aside to cool; a larger quantity of butter is often used, but is not so wholesome.

The grated lemon rind should be added when the sugar is half boiled, or if preferred, you can use a little essence of ginger.

### EVERTON TOFFEE No. 3.

(With Glucose.)

$\frac{1}{2}$  lb. Glucose.

2 lbs. Light Brown Sugar.

$\frac{1}{4}$  lb. Butter.

$\frac{1}{2}$  pt. Water.

Boil the sugar, glucose and water to hard crack, then add the butter and mix well. While doing this, remove the kettle from fire to prevent burning. Pour out on platters and cut into squares when cool.

This is one of the best recipes ever written.

### BUTTER TAFFY.

(Imitation of Everton.)

$\frac{1}{2}$  pt. Water.

1 lb. Light Brown Sugar.

1 tablespoonful Vanilla.  $\frac{1}{4}$  teaspoonful Cream of Tartar.

2 ozs. Butter.

Put into a kettle the sugar, water and cream of tartar, and stir until it begins to boil, then add vanilla or other flavor if preferred, and boil to the crack. Add the butter, stirring in well, and then pour out on buttered platters or pans, and when cool, cut into squares.

### CHEWING TAFFY.

(With Glucose.)

2 lbs. "A" Sugar.

1 pt. Water.

3 ozs. Butter.

$\frac{3}{4}$  lb. Glucose.

$\frac{1}{4}$  teaspoonful Cream of Tartar.

Put on the sugar and water together and stir until it begins to boil; add the glucose, butter and cream of tartar, stirring to

mix well, and cook to the crack. Pour into buttered platters or pans, and when cold, cut into bars or squares.

### CREAM CHEWING CANDY.

(With Glucose.)

1 lb. Brown Sugar.	1½ lbs. Glucose.
3 ozs. Butter.	¾ pt. Cream.
1 qt. New Orleans Molasses.	

Cook to hard ball; take off the fire and stir in 1 oz. flour made into a paste with cold water and set on the fire long enough to mix well. Pour out on buttered platter or pan, and cut into kisses and wrap in waxed paper.

### CREAM TAFFY.

(With Glucose.)

1 lb. "A" Sugar.	¼ lb. Glucose.
2 ozs. Butter.	½ pt. Cream.

Put into a kettle the sugar, glucose and cream and boil to the soft ball; then add the butter and stir until well mixed and continue boiling until it reaches the crack. Pour out on buttered platter or pan, and cut when cold.

### BUTTER TAFFY.

4 lbs. White Sugar.	½ lb. Butter.
1 qt. Water.	1 tablespoonful Vanilla.
1 small teaspoonful Cream of Tartar.	

This is an imitation of the English article above, and widely made in this country. Place the sugar, water and cream of tartar in a pan and cook and stir until the sugar is dissolved and begins to boil, then add the flavor, and boil to the crack. Now add the butter, either cut in small pieces or melted, and as soon as it is thoroughly incorporated with the syrup, pour the batch out on greased marble slab, or large oiled platters, and when sufficiently cool, turn in the edges and mark or cut into squares.

## VELVETS.

3 cups Coffee Sugar.  
1 cup Best Molasses.  
Pinch of Soda.

1 cup Boiling Water.  
 $\frac{1}{2}$  teaspoonful Cream of Tartar.  
 $\frac{1}{2}$  cup Butter.

Bring the sugar, water and molasses to a boil, add the cream of tartar, stirred in well, and cook steadily until the syrup hardens in cold water; then stir in the butter, and as much soda as will lie on a dime. As this will cause it to boil up, remove immediately from the fire and stir vigorously until the effervescing ceases; add any flavor that you wish, and pull into light, yellow ropes. Lay these on a floured board and cut into lengths of an inch and a half.

Wrap in squares of wax paper, and set aside in cool place.

## NEW ORLEANS MOLASSES CANDY.

1 cup Sugar.  
1 tablespoonful Vinegar.

1 cup New Orleans Molasses.  
Butter (unsalted) size of an egg.

Boil all together but do not stir until the mass hardens when dropped into cold water. Then stir in a teaspoonful of soda, and beat well. Pour into buttered tins, and when cool, cut into sticks. If flavor is desired, it should be added just before pouring out to cool.

## PLAIN LEMON TAFFY.

Boil 1-2 lb. granulated sugar with 1-2 pt. water. When it reaches the crack, add a large teaspoonful lemon juice and a few drops of extract. Continue boiling till the syrup *begins* to change color. Have ready a tin pan well oiled (with sweet oil), and pour out the syrup. Before it is too cold, oil a warm knife slightly, and mark the taffy off into blocks by pressing the knife downwards. This does not "drag" the candy, as an ordinary cold knife will sometimes do.

**OLD-FASHION TAFFY.**

1 qt. Molasses.     $\frac{1}{2}$  lb. Butter.     $\frac{1}{2}$  teacup Vinegar.

Boil the molasses and butter until the mass thickens, which will take about 1-2 hour. Then stir with a spoon until, on dropping a little into cold water from end of the spoon, it becomes hard. Then pour in the vinegar and stir for 1-2 minute.

Now pour the taffy into buttered tins or trays, and set aside to cool.

**CREAM TAFFY.**

$\frac{1}{2}$  cup Vinegar.                      3 cups Granulated Sugar.  
 $\frac{1}{2}$  cup Water.                         Butter (size of a walnut).

Boil without stirring until the candy hardens when dropped into cold water. Flavor, and pour out quickly on a buttered dish. When cool, pull until white, then cut into sticks with heavy shears.

**PLAIN MOLASSES TAFFY.**

1 cup Sugar.                              1 tablespoonful Butter.  
 2 cups Molasses.                        1 tablespoonful Glycerine.

Boil fast for 25 minutes and stir frequently to prevent scorching. Cook to the crack, then remove from fire, stir in 1-2 teaspoonful cream of tartar while batch is still boiling, and then pour into buttered pans. When barely cool enough to handle, pull into sticks, first buttering your fingers.

**MOLASSES TAFFY No. 2.**

1 qt. Molasses.                          $\frac{1}{2}$  teaspoonful Baking Soda.

Put a quart of molasses in an iron saucepan, set over a slow fire and boil for 1-2 hour, watching and stirring to prevent boiling over. Remove from the fire a moment if it boils too high.

When the taffy begins to thicken, add 1-2 teaspoonful of dry sifted baking soda. Now try it in ice water, and when brittle, pour out about 1 inch deep, on greased pans.

### MOLASSES TAFFY No. 3.

1 pt. Best Molasses.	$\frac{1}{2}$ pt. Brown Sugar.
1 teaspoonful Butter.	$\frac{1}{2}$ teaspoonful Soda.
1 teaspoonful Vinegar.	1 teaspoonful Cream of Tartar.

Put into a saucepan the molasses, sugar and butter; boil for 20 minutes, skim occasionally, but do not stir. When done, add the cream of tartar, soda and vinegar; then pour on buttered plates, and let stand until cool enough to pull.

### SALT WATER TAFFY.

$1\frac{1}{2}$ lbs. Granulated Sugar.	$\frac{1}{2}$ teaspoonful Table Salt.
$1\frac{1}{2}$ lbs. Glucose.	$\frac{1}{4}$ oz. Gelatine.
1 oz. Butter.	

Melt the sugar and glucose together, with sufficient water to make a syrup. Add the salt and cook to soft ball (240 degrees) then add the butter and continue to cook to soft crack (252 degrees). Then stir in the gelatine, which has been previously melted in warm water, and when cool enough, pull for 5 to 10 minutes, adding color and flavor if desired, while pulling.

### WALNUT TAFFY.

$\frac{1}{2}$ pt. Molasses.	1 pt. Walnut Meats.
$\frac{1}{4}$ teaspoonful Soda.	

Boil the molasses until it crisps when dropped into cold water; then stir in the nut meats and allow to cook for 10 minutes over a slow fire, stirring constantly. Then add the soda, stirring in thoroughly, and pour out into well-greased pan.

**VANILLA TAFFY.**

1 lb. Granulated Sugar. 1 cup Cream. 1 oz. Gum Arabic.

Boil sugar and cream together; dissolve the gum arabic in a little water, and when the sugar is about half done, add to the batch. Finish boiling, and just before pouring out, flavor with extract vanilla.

**WHITE MOLASSES CANDY.**

1 pt. Golden Syrup. 1 lb. Granulated Sugar.  
4 tablespoonfuls Vinegar. 1 pt. Porto Rico Molasses.  
Essence Lemon to Taste.  $\frac{1}{2}$  teaspoonful Soda.

Boil the sugar and golden syrup until quite thick when dropped in cold water; then add the Porto Rico molasses and vinegar, and boil to the crack, remove from the fire and stir in quickly the soda and essence lemon, pour out on a large platter and work until white. This makes the very best white taffy.

**"YELLOW JACK" TAFFY.**

1 lb. Brown Sugar. 1 qt. New Orleans Molasses.  
Juice of  $\frac{1}{2}$  Lemon. 2 ozs. Butter.  
1 teaspoonful Saleratus. Flavor, Vanilla or Lemon.

Boil all but the flavor to hard crack, stirring gently all the time; then add the saleratus dissolved in a little water, and as the batch begins to effervesce, pour out quickly in greased pan or platter.

When sufficiently cool to handle, fold in a mass and pull over the hook until it becomes a bright yellow color; then pull out into bars and when nearly cold, cut into suitable lengths. Flavor while boiling and nearly cooked, with vanilla or 2 or 3 drops oil lemon.

**PEANUT TAFFY.**

2 lbs. Brown Sugar.      2 lbs. Molasses.       $\frac{1}{2}$  lb. Butter.  
 Roasted and Shelled Peanuts (sufficient).

Boil the sugar and molasses to the crack, adding when about two-thirds cooked, the butter cut into small pieces. When done, pour out on greased slab, or very large, heavy platter and scatter the nuts thickly over the surface. When cool, it may be cut into tablets or bars to suit the fancy.

**PEANUT BRITTLE.**

3 cups Granulated Sugar.      1 cup (scant) Boiling Water.  
 1 cup Roasted, Shelled and Skinned Peanuts.

Wet the sugar with the boiling water, then allow to melt over a slow fire. Cook gently without stirring, until a little dropped into cold water, hardens quickly. Add the peanuts, with as little use of the spoon as possible, and turn the mixture into buttered pans; cut up while hot.

The brittleness of the candy depends much upon the scant use of the spoon, as to stir sugar candy is to invite granulation.

**BUTTERSCOTCH.**

3 lbs. Sugar.      4 ozs. Butter.  
 $\frac{1}{2}$  teaspoonful Cream of Tartar.

Mix sugar, butter and cream of tartar with sufficient water (only) to dissolve the sugar. Boil without stirring until the syrup, dropped into cold water, shows brittle and will break easily.

Then pour into a well-buttered dripping pan, and when almost cold, cut into small squares. If desired, a dash of lemon may be added before putting the batch on the fire. Eight drops will be sufficient.





dropped in cold water. Pour into shallow, buttered pans, and cut into squares.

### BUTTERSCOTCH.

$\frac{1}{2}$  lb. Butter.

3 lbs. Brown Sugar.

Cut up the butter and put into pan and melt down, stirring constantly with wooden spatula; then add the sugar, continue to stir and boil to the crack, and then pour out on buttered slab, or heavy platter. When cooled sufficiently, cut into small squares or tablets.

This may be flavored with vanilla or lemon, while boiling and just before taking off the fire, or may be left plain, as you please.

### BUTTERSCOTCH.

3 lbs. Sugar.

$\frac{1}{2}$  cup Molasses.

4 ozs. Butter

$\frac{1}{2}$  teaspoonful Cream of Tartar.

Cook all together until it reaches the crack; add a few drops of flavor and pour into greased pan, and mark into squares.

### CANDIED ORANGE PEEL.

Soak the orange peel in a brine strong enough to float a potato, for several days; then steep in cold water until it is so tender that it can be broken easily under slight pressure. The water should be changed 6 or 8 times in order to make the flavor of the peel more delicate.

Drain for several hours; then cut into inch squares, measure and put it on back part of the stove with an equal amount of granulated sugar. When the sugar is thoroughly dissolved, spread the peel upon platters and keep in the open oven or in the sunshine until candied, which will be in a few days at most. Pack away in covered glass jars.

Lemon peel may be prepared in the same manner.

### CORN BALLS.

The cheaper ones, and on account of the flavor of the molasses, those preferred by many, are made with molasses candy soft boiled. A sufficient quantity of fresh popped corn is put in a bowl and the molasses candy poured on it. While still warm, stir it until the corn and sugar adhere, then lift out a large spoonful and press into a ball, do the same with the rest and put away when finished, to harden in a cool place.

### EXTRA FINE CORN BALLS.

These are made as follows: Dissolve 1 oz. gum arabic in 1-2 pt. of water. When quite dissolved, add 1 lb. of confectioners' sugar and boil, stirring constantly until a little of the mixture cooled on a saucer becomes so stiff you can hardly stir it. Flavor this candy with orange, lemon or rose—anything you like in fact—and pour the syrup over as much freshly popped corn as will make it adhere. Form this into balls and set aside to harden.

### VANILLA CREAM STICK.

3 lbs. Granulated Sugar.	½ pt. Water.
1 tablespoonful Vinegar.	1 teaspoonful Gum Arabic.

Boil 3 lbs. granulated sugar with 1-2 pt. water; let it dissolve slowly on a cool part of the range; then add a large tablespoonful of vinegar and 1 teaspoonful of gum arabic dissolved in a very little water. Boil until brittle, then remove from fire and flavor with vanilla, peppermint, cinnamon or whatever you wish, only remembering that *all work must be quick*.

Rub the hands with sweet oil or butter and pull vigorously until the candy is white; then twist or braid it, or pull out into long, thin strips, and cut into lengths.

### LEMON CREAM STICK.

Is made same as above, flavored with lemon extract, and colored pale yellow with tincture of saffron.

**ROSE CREAM STICK.**

Is made same as foregoing, flavored with rose extract, and colored with a few drops of cochineal before it cools.

**COCOANUT CREAM.**

½ lb. Granulated Sugar.    ½ lb. Fresh Cocoanut, Grated.  
2 tablespoonfuls Water.

Grate 1-2 lb. of the white meat of a cocoanut; boil 1-2 lb. of granulated sugar with the milk of the cocoanut and 2 table-spoonfuls of water. Boil until a little of the taffy dropped in cold water makes a soft ball, then stir in the cocoanut. Keep stirring until the syrup *begins* to look white, but if you stir too long, it may crumble.

Should it do this, add a gill of water and boil again. Cut into any shape you please, when done.

**HOARHOUND CANDY.**

2 ozs. Dried Hoarhound.                    1½ pts. Water.  
3½ lbs. Brown Sugar.

Boil the hoarhound in the water for about 1-2 hour; strain, and add the brown sugar. Boil over a hot fire until sufficiently thick, then pour into flat, greased tins, and divide into sticks or small squares with a knife as soon as cool enough to retain shape.

Follow same directions for Wintergreen Stick or Square.

**HONEY CANDY.**

1 lb. White Sugar.                    4 tablespoonfuls Honey.  
Water sufficient to dissolve.

Boil all together until, on dropping into cold water, it shows brittle. Then pour off into buttered pans to cool.



**A DAINTY LUNCHEON CONFECTION.**

1 cup Grated Chocolate.	3 cups Granulated Sugar.
Butter (size of walnut).	1 cup Hot Water.
Pinch of Salt.	1 teaspoonful Vanilla.

Boil down the above, stirring constantly, for 10 minutes, then try in a cup of cold water, and as soon as it is of the consistency of thickened molasses, pour into buttered tins. Then with a silver knife, stir it back and forth until it begins to sugar. Mark it off now in little squares and set aside to cool.

This makes a very delicious chocolate candy, and makes a most appetizing appearance in a cut glass bonbon dish.

**PEPPERMINT DROPS.**

1 lb. Sugar.	$\frac{1}{2}$ pt. Water.	3 drops Oil of Peppermint.
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Put sugar and water on to cook, and boil for 5 minutes, counting from the time it begins to boil. Now add the flavor (if you cannot get the oil, use strong extract); then remove from the fire, stir rapidly until it takes on a whitish appearance, then pour quickly into tiny greased patty-pan molds. The drops will be ready to serve as soon as they are hard.

The mixture must be stirred sufficiently long to look white as it goes into the pans.

**GINGER OR CINNAMON TABLET.**

1 lb. Loaf Sugar.	1 oz. Pounded Ginger or Cinnamon.
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Melt the sugar with a little water over the fire, then add the ginger or cinnamon (whichever you prefer), and keep stirring until it begins to rise into a froth, then pour into a dish that has been well buttered. Before it hardens, cut into size and shape desired.

**PEPPERMINT DROPS.**

1 cup Sugar.	$\frac{1}{2}$ teaspoonful Essence Peppermint.
Cream of Tartar (size of a pea).	

Crush the sugar fine, just moisten with boiling water, and then boil 5 minutes. Remove from the fire and add the cream of tartar; mix well and add the peppermint. Beat briskly until the mixture whitens, then drop quickly on white paper.

Have your cream of tartar and extract measured while the sugar is boiling. If it sugars before it is all dropped, add a little water and boil for a minute or two.

### STUFFED DATES.

1 lb. Dates.

$\frac{1}{2}$  lb. Almonds, Blanched.

Remove the stones from the dates by cutting them open on the side, and blanch the almonds by pouring boiling water over them, when the skins can easily be rubbed off. Now replace the date stones with the almonds, and arrange them neatly on a shallow dish. Dust a little powdered sugar over them, and keep in a cool, dry place until ready to use.

### LEMON DROPS.

1 cup Powdered Sugar.

2 teaspoonfuls Extract Lemon.

Add enough water to dissolve, then boil until crisp when dropped in cold water. Drop on buttered plates in drops to cool.

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## TO MAKE COLORING FOR CANDY.

### COCHINEAL.

Powder 1 oz. cochineal. Add 1 oz. cream of tartar and 2 drachms alum. It is best to get your druggist to put these up for you, as a very little too much acid gives a common magenta shade.

Boil the ingredients in 1-2 pt. water, until reduced to one-half. Strain it through muslin (add a few drops of alcohol to

prevent it spoiling if you wish to keep it) and bottle for use. A very few drops will color a pound of candy.

### YELLOW COLOR.

Boil 1-4 oz. Spanish saffron in 1-2 pt. water, until it is a brownish orange, then strain through muslin and put in a small bottle. Add a few drops of alcohol to prevent molding.

### CARAMEL COLOR.

Put 1-2 lb. granulated sugar in a small saucepan with just enough water to dissolve it. Boil until it gets dark brown, and begins to turn black in the center. Have ready 1-2 pt. hot water, which turn into the burning sugar and stir until it is a brown liquid like strong coffee. Now boil down until thick as molasses, and then bottle.

This makes all shades of light brown, and when mixed with red or yellow, produces lovely tones. For example, cochineal and a very little caramel will make many shades of ashes of rose, according as you use more or less of either. Saffron and cochineal combined make a salmon pink, and so on.

### ORANGE FUDGE.

2 cups Sugar.

1 cup Milk.

Butter (size of walnut).

½ cup Chopped Walnut Meats.

Yellow Rind of 1 Orange.

Boil all together, except the nuts, stirring constantly, until it threads, then dip out the orange, take off the fire, and beat with Dover egg beater until it is creamy, after adding the nut-meats.

### PLAIN FUDGE.

2 lbs. Brown Sugar. 1 pt. Milk. Pinch of Soda.

Dissolve the sugar in the milk, add the soda to prevent curdling, and cook in a porcelain-lined saucepan until a bit dropped in cold water hardens to a brittle mass. Pour into buttered



pan with straight sides, and as it cools, cut into small squares with a wet knife.

### CHOCOLATE FUDGE No. 1.

2 cups Sugar.	$\frac{1}{2}$ cup Milk.
$\frac{1}{4}$ cup Butter.	4 ozs. Baking Chocolate.
2 tablespoonfuls Vanilla.	

Take the chocolate, sugar, butter and milk and cook about 20 minutes, stirring constantly. Add the vanilla just before taking off the stove to pour into pan. As soon as cool enough, cut into squares and set aside to harden.

### CHOCOLATE FUDGE No. 2.

1 tablespoonful Butter.	$\frac{1}{2}$ cup Milk.
1 cup Molasses.	4 ozs. Baking Chocolate.

Put the above ingredients into a pan, stir constantly and cook until the mixture hardens when dropped in water. Then pour into pans to cool, and when ready to handle, cut into small squares and set in a cool place.

### CHOCOLATE FUDGE No. 3.

4 cups Sugar.	2 cups Milk.
2 Eggs.	4 ozs. Baking Chocolate.
Butter (size of an egg).	

Put all into a pan and mix well, then cook until it hardens when dropped into cold water. Remove at once from the fire and pour into greased pans, and when cool enough, cut into squares.

### CHOCOLATE FUDGE No. 4.

3 cups Sugar.	3 cups Milk.
4 ozs. Baking Chocolate.	Vanilla to taste.
Butter (size of an Egg).	

Cook all together, except flavor, which should be added just before removing from the fire, stirring briskly for 20 minutes.

Remove from the fire and beat until almost cold, then pour into greased pans and when quite cold, cut into squares.

### CHOCOLATE FUDGE.

3 cups Coffee Sugar.                       $\frac{1}{2}$  cup Sweet Cream.  
 $\frac{1}{2}$  lb. Grated Chocolate (unsweetened).  
2 tablespoonfuls Warm Butter.

Stir sugar and chocolate until thoroughly mixed, then add the cream and beat to a smooth paste, adding as you proceed the warmed butter. This done, put the mixture into a porcelain-lined kettle, and set where it will melt very slowly. It should not reach the boiling point under 2 hours. At the end of that time increase the heat and boil fast for 10 minutes, or until the candy balls in water.

Now stir into the batch 2 tablespoonfuls vanilla and pour into buttered pans with straight sides. While still rather soft, mark into squares with a knife.

# HOME MADE ICE CREAM & CANDY















Rocky Candy.

5 10+

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